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# GUIDE TO HEALTH

Enquire within.

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H. P. DISPENSAR

P. O. Kankanady

MANGALORE

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# P. P. KANKANADY, MANGALORE, SOUT

The Charitable Institutions under the management of Fr. Ang. Muller, S. J., consist of the H. P. Dispensary, the St. Joseph's Asylum, the two combined Hospitals and Poor Houses, and the Plague Hospital.

The H. P. Dispensary was opened in 1880 by Rev. Fr. Ang. Muller, S. J., with a view to give the poor of Mangalore and its environs medicines gratis. Later on, well-to-do persons had recourse to the Dispensary, and a special arrangement was made by which medicines were sold to them at reasonable rates. All the profits are devoted to the maintenance of the poor in the Leper Asylum, the Hospital, the Poor House, and the Plague establishment, and to provide gratis with medicines over hundred poor out-patients who daily apply for medical assistance.

Medicines now are sent to all parts of India, Burma and Ceylon, and there is hardly a single important post town in India to which a prescription or a parcel has not been sent. This steady increase in the sales we owe to our keeping in stock only goods of the highest quality, to the prompt and careful despatch of orders received, and to our moderate charges.

The Hospital staff of Fr. Muller consists of his assistant, Dr. L. P. Fernandes, B. A., L. M. & S. (Bombay), six young men (Infirmary) and seven young ladies (Nurses), all of them educated and belonging to respectable Catholic families of Mangalore, who have devoted their lives to the service of the sick-poor for the love of Christ. Neither Dr. Fernandes nor the rest of the Hospital staff receive payment for their services, and it is due to this gratuitous co-operation of his staff, that Father Muller can maintain his Hospitals at a comparatively low cost.

The following is a short resumé of the work done during 1908.

Value Payable Parcels sent to all parts of India, Burma and Ceylon . . . . .

17,088

Prescriptions sent by letter to patients all over India, Burma and Ceylon . . . . .

2450

Out-door patients who applied for advice and medicines at the Dispensary . . . . .

32,217

Average number of lepers in the Asylum during the year . . . . .

48

Total number of patients treated gratis in the Hospital . . . . .

1038

Cholera patients treated in the Plague Hospital . . . . .

75

*B. Prescriptions both in the Dispensary and by letter are given gratis, but it is expected that well-to-do patients after cure will make a contribution to the Establishment.*

*For prescriptions, information or advice should be applied to the Dispensary.*

Mutangan, Allahabad.

## INTRODUCTION.

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42

In order to treat a disease and to cure it *tuto, cito et jucunde* (surely, quickly and sweetly), we have to know or examine five things—

1. **The sick person**, *i. e.* his constitution, his manner of living, his particular dispositions.
2. **The disease itself**, its causes, its symptoms, its developement or course.
3. **The medicine**, *i. e.* the modifications or symptoms it is liable to produce in a healthy man.
4. **The therapeutic law**, existing between the disease and the medicine.
5. **The doses** in which the medicine should be administered (given).

### THE SICK PERSON.

#### INDIVIDUAL CONSTITUTIONS.

They are either physiological or natural, or pathological or morbid.

##### PHYSIOLOGICAL CONSTITUTIONS.

We distinguish four principal constitutions or temperaments, the *sanguine*, the *lymphatic*, the *nervous* and the *bilious*. From the combination of these constitutions arise the mixed constitutions, namely the *lymphatic sanguine*, the *sanguine nervous*, the *lymphatic nervous*, and the *bilious sanguine* and the *lymphatic bilious*. For particulars we refer the reader to our Manual of Homœopathy.

#### HYGIENE.

Hygiene must be relative. Each one must judge for himself after his own observations, his habits and aptitudes, what suits him best as to exercise, drinks, food, sleep etc.

Considering the variety of the products of each country and of each season, it is clear that food must vary and that a too great sameness is not in the nature of things. In general, simple food without spices, drinks coming as near to water as possible, pure water itself, the least inconveniencing dress, are most favorable to health. A healthy man must accustom himself to changes of temperature and weather and even of climate, to a certain irregularity in his meals and a thousand other little inconveniences, which for delicate subjects and persons accustomed to a too great regularity, would be easily cause of disease.

**Cold water**, both as a drink, in baths, in injections and as compresses, is preferable to hot or tepid water, exercise is preferable to repose, the fresh air and the sun to the air of a room. The end of Hygiene is to develop our body more perfectly, to render it more vigorous, decay less rapid and death more distant.

From this it is clear that Hygiene regards not the body only but it regards also and chiefly the soul. An occupied mind, a heart, that knows to moderate its desires, a firm will which knows to impose upon itself privations, an imagination which is kept in its proper bounds, a pure and quiet conscience, render a man less subject to disease. He who pretends to take care of his body without bridling his passions is like a sailor in a nicely painted vessel without a rudder.

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"The corner stone of a long and happy life is moderation and self-control. He who possesses these virtues keeps his liberty and independence, for many diseases are the consequence of persons not listening to the voice of conscience and overfilling their stomachs."

**Air.** The most vital part of the air is oxygen, the air which contains most of it is the most exciting, the most fit for respiration. Pure air is generally to be found in the country, at the top of mountains, in temperate climates and in the morning at the beginning of the day.

**Sun.** Man also wants the influence of the sun. His house therefore should be built in a spot where it is exposed to the rays of the sun, and protected against the most violent winds. The principal openings should be on the side opposite to the cold winds and towards the south or the east.

It is unhealthy to sleep on the lowest floor or in damp apartments. In every case the air of the apartments should be frequently renewed by opening both doors and windows now and then, and the too close proximity of stagnant water and high trees should be avoided on account of the humidity they cause.

The fire which is lit in the room not only drives away cold but it also expels dampness, and consequently the lighting of a small fire during the monsoon or in the neighbourhood of swamps even when the temperature is high, every morning and evening, is an excellent means to destroy humidity and preserves persons from chills and fever.

**Dress** ought to be adapted to climate and the needs of each person. Travellers and immigrants should conform themselves to the customs of the country, as necessity has taught the indigenous what is best in each place.

The functions of the skin should be entertained by cleanliness. Lotions and baths, both cold and tepid, suffice for this. The cold bath should be more in use as it gives tone to the body, whereas the hot bath, if used continually, enervates. The hot bath should be reserved for case of sickness.

**Food** should be varied, not only with regard to the articles but also with regard to the way they are prepared.

The quantity of nourishment varies for each person. It depends on the constitution, the age and the occupation of each individual. Those who lead a laborious life like farmers want very simple food but in large quantity, whereas people leading a sedentary life want more nourishing food but in less quantity. The best nourishment is that which is composed of a mixture of fat and lean food.

**Fruits** are a very simple, natural and healthy article of food, especially when they are good and ripe. In warm climates fruits and grains arrive at perfect maturity, and thus permit its inhabitants to follow a more vegetable regime than in northern climates.

Pure water is the best drink to quench thirst, but one should not drink when in great perspiration.

Great attention should be given to exercise. Parents should see that their children play well, and take exercise, and even gymnastics in order thus to develop their muscles.

The motions of the body, walks, corporal labour, should not be left to caprice but be regulated by, and proportioned to the strength, the nourishment and the needs of each. Those who spend the greater part of their time in study very often are subject to headaches, migraines, neuralgias and other troublesome ailments. This is due to their overworking themselves and not taking sufficient exercise and fresh air. In order to



prevent the mind from getting too much fatigued, reading, reflexion and composition should succeed one another, and never be continued till the strength is entirely exhausted. Such persons ought to take a rest after two or three hours of study and after each meal. They ought to vary the subject of their study, take a good deal of out-door exercise, but never too violent or up to fatigue, and take nourishing, light food in small quantity.

## DIET.

Dietary prescriptions have been too severe on the part of some of the physicians that practise Homoeopathy, and many patients shrink from it because they consider it to be a *hunger cure*. Experience has shown that these severe rules are neither necessary nor even prudent at all times, and extended observations prove that the curative action of homoeopathic remedies is not much affected by the food or beverages ordinarily taken. Nor are these strict rules in accordance with Hahneman's dictums, for he says:—"Do not make diet too hard for a patient in forbidding him indifferent things, and do not make a too great change in his diet in chronic cases." The diet should always be adapted to the disease and the constitution of the patient. The physician should inquire of the sick person what regime he has followed hitherto, and only when he finds that it is really hurtful and needs modification, should he modify it. Of course articles of food which the patient knows from experience to have disagreed with him in time of health, should be avoided in time of sickness.

Follow the rules of common sense. If you have found out once that a thing absolutely disagrees with you, abstain from it. If on the contrary your experience tells you that certain things are necessary for you with regard to food, exercise, clothing etc., try to get these things. It is perfectly useless to tell a person who has diarrhoea that he must not eat unripe fruit in that state. Nor does it require much wisdom to see that a person, whose present sad state has been the result of intemperance in eating or drinking, bad habits or imprudence that he cannot expect a permanent cure unless he removes the causes which gave rise to his complaint.

In acute diseases nature itself is our best guide. Instinct speaks aloud in all fevers, there is loss of appetite, disgust for food, dry mouth and dry throat. All the patient wants, all he asks for, is drink to quench his thirst and to moisten his parched lips and palate. To give at this time rich albuminous food or drink does more harm than good. Drink is all he wants, and this should be given to him frequently and in small quantities. Even in chronic diseases too abundant and too rich food does harm, it is like pouring a large quantity of oil on a flickering lamp, it extinguishes it.

The constant and frequent use of strong coffee, tea, tobacco and spirits is considered by many homoeopaths as injurious to health, and apt to destroy or impede the action of homoeopathic remedies. Those therefore who are not given to the use of these articles will do well to continue to abstain from them. But I should not advise those who are in the habit of using them, to give them up entirely much less all at once, as this may bring on serious disturbances in the system. They should however be very moderate in their use and take medicine during that part of the day in which they are not using them, say half an hour before or after.

Under certain circumstances, and if taken rarely and with moderation, their use may even do much good. "Thus *tea* on account of its stimulating and restorative action on the nervous system, is very serviceable to travellers and soldiers; and should be preferred to alcoholic stimulants after fatigue. It is equally efficacious against heat and cold; in

nervous exhaustion, particularly in hot climates, or consequent on walking in the sun, especially when followed by shortness of breath, it has proved strikingly beneficial. It excites vital action, and stimulates respiration.

Coffee is a valuable beverage, especially for soldiers; it is invigorating without producing subsequent collapse and the hot infusion is almost equally useful as an antidote to heat and cold; in the one case by the warmth of the infusion, in the other by its action on the skin, while in both cases it acts beneficially by stimulating the nervous system. It increases the action of the heart and the fullness of the pulse, and excites the mucous membranes. In fatigue, privation, and indeed under ordinary circumstances, coffee is preferable to alcoholic beverages. It is useful when weary from travel in the heat, *with deprivation of food*. It economises other nourishment by lessening waste. It is often serviceable in the headache of nervousness and exhaustion, or in cases of diarrhoea caused by overwork, with *too much* care. A strong infusion helps to keep awake persons poisoned by *opium* and allays the effects of the immoderate use of wine and spirits." Ruddock p. 85.

Milk and farinaceous food should be the staple of children up to the tenth year. Milk is also the best food for weak stomachs, for consumption, and for persons subject to fevers. If it disagrees at first, the stomach should be accustomed to it by mixing it with a little water.

Scrofulous children should be given a large quantity of fresh milk as well as vegetables and fruits. A vegetable diet is preferable for those who suffer from weak digestion, nervous excitement, skin diseases, gout, scorbut, abscesses of the lungs, cancer.

For all the rest a mixed diet is the best.

## CARE OF THE SICK. CONVALESCENCE.

Care of the sick consists in giving them what is useful to them. A sick room must be well lighted, well aired, agreeable and quiet. All useless furniture and especially carpets should be removed as much as possible from the room as they excite dust and help to spread infection. The sick room ought to be kept neatly clean and moderately warm. Fresh air ought to be admitted every day by opening doors and windows for a little while. Care however should be taken that the patient does not catch cold, which may be prevented either by removing him for a little while to a neighbouring room, or by protecting him from the current of air and cold, whilst fresh air is admitted. In hot climates, like India both doors and windows can easily be kept open during the whole day, provided care be taken not to place the bed in a current of air.

The sick person should be sponged every day with tepid water. If this cannot be done he should at least be rubbed dry several times a day. The linen should be often changed and be kept smooth to prevent bedsores. Night vessels should be emptied at once and well cleaned and if possible not be kept in the sick rooms, especially in contagious diseases. If the disease is acute and the sick person manifests no desire for food, it is well not to give him any solid food during the few days of the acuter stage. A sick person should never be forced to eat or drink when he does not feel like it, much less should he be forced to eat or drink what he has a repugnance for. He should however never be left for more than 2 or 3 hours without suitable drink.

Food should not be kept in the sick room except when actually wanted, nor should it be brought in great quantity before him, as the sight of food especially in great quantity

is apt to give the sick person disgust for food and make him lose his appetite. It is much better to place but little food before him so that he may ask for more if it suits him.

In the beginning of convalescence, especially of serious and exhausting diseases; patients should be fed with liquid substances, such as cream, pea-soup, broth etc.

But in all cases it is not only useless but even harmful to gorge a sick person with decoctions, which only serve to derange the stomach, or with ardent spirits or strong wines which only help to increase the fever.

Among cold drinks, water mixed with a little licorice, sugar, bread, wine, the white of an egg, rice-water, barley and oatmeal water, is the best. Nearly all fruits may be mixed with water to make a cooling drink. The same may be said for hot drinks.

Convalescents feel always an excessive hunger, because their organism has been subject to great losses. A convalescent ought never to eat as much as he feels like, he ought to increase the quantity of food little by little, till his stomach has regained its normal strength, else he is sure to have a relapse which may prove very dangerous. In some cases convalescents have a strong desire for certain things, which at times seem harmful. It is often good to satisfy these cravings, as instinct very often indicates what is best for the patient.

The drink of convalescents should be slightly nutritive and sugared, as long as the acuteness of the disease forbids solid food. In general the more violent a fever is the more drink also the sick person needs.

## AUXILIARY MEANS.

### AUXILIARY MEANS OF TREATMENT.

Those in more frequent use are baths, both partial and entire, vapour baths and fumigations, lotions and effusions etc. Though these means are commonly known we shall say a word about each.

**Baths.** Every person in health should bathe or sponge the whole body with soap and cold water once a day. The bath should not take more than a few minutes, and should be followed immediately by frictions and exercise to promote reaction. A shower bath immediately after rising or the throwing of a few small pots of water over the body in the native fashion, is one of the best means to preserve health. Cold baths harden the constitution and enable a person to stand sudden changes of temperature. They promote the circulation of the blood, open the pores of the skin and stimulate the healthy action of the stomach and bowels.

For those who are subject to palpitation of the heart a cold *sponge-bath* is the best as the shock is not very great. Persons who suffer from weak spine and weak nerves should sponge the spine in the following manner. Take a sponge, dip it into cold water, rinse it and run it *down* the spine beginning at the nape, dip it again etc., and repeat the process from 10 to 20 times, and then dry the back well from above downwards.

Cold baths should not be taken when a person feels very fatigued or cold. He should rest a while in the first case, and take a little exercise in the second to promote circulation and warmth.

**Hip-bath.** The patient should sit in a tub large enough, so that the water covers him from the thighs up to the navel. The upper part of the body and the legs and feet should be kept out of the water, and may be covered in case the person feels cold, though this is seldom the case in this warm climate. He should then place himself in



a half sitting half reclining position, and rub the entire abdomen, from the navel downwards and on either side constantly and energetically with a coarse cloth. He is to continue this washing until he is completely cooled. At first a quarter of an hour will suffice; later the baths may be somewhat prolonged. For very weak persons and children, on the other hand, a few minutes are enough. After the hip-bath the person should take brisk exercise in the open air so as to rewarm the body. If the person is too weak to take exercise he should be carefully covered up in bed.

During the hip-bath, doors and windows should be kept open so as to give plenty of fresh air; but he should not be in a draft. The patient should not eat immediately after bathing.

The hip-bath may be taken three times a day and oftener, especially if the person perceives that they do him good.

**Sitz-baths.** They may be either cold or warm. Hot sitz-baths help to restore menstruation. Cold sitz-baths are good in painful menstruation, piles and constipation.

The patient should sit in a tub having about 4 inches of water for 15 minutes. He should then be well rubbed till warm in case he feels cold, and be put to bed.

**Wet-pack or body pack.** This is useful in gastric and other fevers. Spread a thin oil-cloth or a stout blanket or quilt over the mattress. Take a sheet, dip it in cold water and then rinse it out well. Lay it on the bed over the waterproof sheet, smooth it well and then place the patient on it on his back in such a manner that the sheet projects beyond his feet. Then holding up his arms throw one side of the sheet around him over the upper part of the body, and tuck it in rather tightly under the opposite side of the body. Then place his arms alongside of him, and throw the other side of the sheet around his arms and body and tuck it in on the opposite side. The feet must be covered and tucked in in the same way, and then the whole covering brought around the patient. An extra stout blanket or quilt may be put over all. After a little while the patient becomes warm and feels so comfortable that often he even falls asleep. The patient may remain in the pack from 40 to 60 minutes. He should then be either well sponged over with vinegar and tepid water, or be put in a shallow bath of 64° Fahr., well washed, dried and put to bed. It may be repeated two or three times a day according to circumstances, and perspiration may be promoted by giving the patient draughts of cold water whilst he is in the pack. If the patient complains of headache or rush of blood to the head, or if his face is flushed whilst in the pack, a cold compress should be applied to the forehead for a few minutes. If these directions are attended to, little or no danger is to be apprehended and much good may be the result.

**Half pack.** A wet cloth rinsed out is wrapped tightly around the throat or abdomen, and then covered with a dry protecting bandage. It is of use in sore throat and bowel complaints.

**Compresses.** Take a piece of linen, dip it into cold water, rinse it out, then double it up three or four times and place it on the painful or sore spot and surround it with a piece of oil cloth to keep in the moisture as long as possible. It should be taken off when dry.

**Fomentations.** They only differ from compresses in this that instead of being dipped in cold water the cloth is dipped in hot water, rinsed out and put on the painful spot. They must be kept warm by dipping them again into hot water after a few minutes.

Cold baths give a healthy glow of reaction to the body, whereas warm baths weaken

and enervate. Warm baths should therefore be reserved for the time of sickness or when one is much fatigued or subject to fevers and colds.

**Warm baths.** The temperature of a warm bath should not be below 92° Fahr. nor above 112° Fahr. The Thermometre is the best to find out the temperature.

Warm as well as hot baths equalise the temperature of the body, sooth the nervous system, control the action of the heart, promote perspiration, equalise the distribution of the blood throughout the body, and help the action of the skin.

Warm baths are good in Convulsions, Spasmodic Croup, Measles, Scarlatina and Fevers. A general warm bath should last from 15 to 30 minutes and the temperature be kept the same by adding fresh hot water.

**Vapour-Baths or Steam-Baths.** The patient should lie on his back full length on a cane bottomed bed or sofa, and cover himself up with a woollen blanket hanging down loosely on both sides, far enough to prevent any steam from escaping. Another person should then place one, two or three pots with boiling water under the bed or sofa. The first pot must be always placed under the small of the back, the second under the feet, the third when required, further up than the first, under the back. Two pots generally suffice, children want only one pot, whereas grown up and especially tall persons require three pots. There should be some distance between the top of the pot and the cane frame of the bed, so that the steam may not scorch the patient. The heat may be regulated as required by lifting the lid of the pot more or less, thus allowing more or less steam to escape.

Those who have not at their disposal a cane bed or sofa, may sit down on a cane bottomed chair, place a pot or bucket of boiling water under it, and cover themselves and the chair with the blanket so that the steam cannot escape.

After ten or fifteen minutes the supply of steam in the pots begins to slacken and the pots under the bed should be replaced by other pots filled with boiling water. A new supply of steam may also be obtained by gently plunging a redhot iron or brick into the pots under the bed or chair.

After 15 minutes the patient should turn around and lie flat on his chest and abdomen. If the perspiration has not broken out already, it will now do so most profusely. Persons who do not perspire readily, should try to keep their heads covered. Some part of the body, generally the ailing parts, perspire with difficulty; and the patient will ask to have the pots put under these parts. This request should always be complied with.

As a general rule, no one should take more than two steam-baths a week. Weak persons should not take more than one steam-bath a week. Persons who naturally perspire easily, can do without them.

The steam-bath may be followed by a hip-bath.

The steam-bath is especially good in Rheumatism and dry scaly diseases of the skin.

During the bath one or two tumblers of cold water may be sipped. To prevent headache, the forehead may be bathed with a sponge dipped in cold water, or a towel wrung out of cold water be placed on the head.

**Hot foot bath.** Undress the patient, cover him with one or two blankets, put his feet and part of the legs in hot water, and see that the blanket covers the water vessel, so that the steam may have access to the whole body. After 15 minutes rub, dry and put to bed.

Hip-baths, Sitz-baths, Steam-baths, Hot-baths and compresses may be medicated with some of the external medicines, such as Arnica, Hydrastis, Hamamelis etc.

**Poultices.** They are used in order to produce in a permanent manner what a bath or local lotion produces for a time. They are placed on an inflamed part to reduce the inflammation caused by the distension of the tissues; on the skin covered with crusts, to facilitate the falling off of the crusts; on boils, abscesses and ulcers, to soften and open them. They may be made of bran, linseed, rice, bread etc. which is boiled in water or milk, reduced to a paste, put on a piece of linen, and then put on the inflamed or sore part.

**Injections.** Injections of tepid water or milk into the ear or between the eyelids etc., produce locally the effects of a tepid bath. Tepid water distends the fibre and calms irritation. On this account tepid injections into the rectum may help to calm the irritation of the intestines and bring about a stool. These injections should never be used in case of dysentery as they do almost always harm. The too frequent use of injections makes them lose their effect, and instead of curing the patient makes him more and more constipated.

## DIAGNOSIS.

In making a diagnosis it is not enough to know only the constitution of the patient or the ailing organ. We must inquire also into the cause of the disease, the moral disposition of the patient, whether inclined to sadness, anger etc., before or during the attack, as also at what time and under what circumstances the pains appear and disappear, get worse or better, for the knowledge of them helps us considerably to find out the proper remedy.

Thus when vexation is the cause, or ill humour the prominent symptom of the disease we give Cham., Nux. V. or Sulph; if it is anger we give Nux. V., Phos. or Sulph; if the person is of a mild character Puls., if he is inclined to weep Ign.

We give Rhus. when the ailment is due to getting wet while in perspiration, and Arn. when a mechanical injury was the cause. I have had to treat a young man for dyspepsia and severe pain in the bowels. He had tried allopathic remedies without any effect for several years and the homœopathic medicines I gave him had no better effect. I then made a new diagnosis and found out that the trouble began 6 years previous after some derangement of the bowels consequent on gymnastics on the parallel bars. Cause therefore mechanical injury, remedy Arn. I gave Arn. and the first dose made him feel better and a few subsequent doses cured him.

The same may be said as to pains. Thus Nux. suits pains that appear chiefly in the evening or at night, are increased by cold and motion, and better when sitting down. Rhus. on the contrary suits rheumatic pains which are worse when at rest and better when moving about.

Diagnosis further regards the temperature, pulse, urine, skin, tongue, and pains of the patient, to examine which in many cases, proper instruments are required.

A few words about each of the above.

**Temperature.** In temperate regions the normal heat of the body is 98.4° Fahr. A steady persistent rise above 100° or a fall below 97° is a sign of disease, and whenever the temperature goes up to 104° or above, great danger is always to be feared. Very often, when all other observations indicate an ordinary disease, the steady rise in the temperature alone may apprise us of the presence of inflammation, high fever or phthisis.



As long as in dangerous diseases the temperature does not rise, but rather decreases even in the least, no danger need be apprehended, whereas even the slightest increase shows that danger is lurking somewhere.

**Pulse.** A healthy pulse is one that is uniform, equal, moderately full, swelling slowly under pressure of the fingers. The pulse beats about 140 times a minute at birth, 120 to 130 times during infancy, 100 times in childhood, 90 times in youth, and from 65 to 70 in old age.

The pulse is called *frequent* when it beats oftener than this, and *rare* or *slow* when it beats less than this number. A frequent pulse is not always a sign of disease. It may be quickened by excitement, it is more frequent in the morning and after taking food, it beats faster standing than sitting, and sitting than lying. It is retarded by cold, sleep, fatigue, want of food, as well as by some drugs. These things should be paid attention to when the pulse is felt, which should always be done very quietly and gently so as not to alarm the patient.

The *jerking* pulse indicates structural disease of the valves of the heart.

The *intermittent* pulse indicates some obstruction in the circulation of the heart or lungs.

The *changeable* or *unequal* pulse indicates derangement of the venous system, and sometimes organic heart disease.

The *wiry* pulse which is small as well as hard, indicates a high state of inflammation.

The *full* pulse indicates much blood, whereas the *weak* pulse indicates impoverished blood.

When the pulse resists compression it is said to be hard or firm.

**Urine.** Healthy urine is of a bright, yellow, straw colour, has a slight ammoniacal smell but is devoid of any unpleasant odour and has no deposit on standing, beyond perhaps a little mucus. In Jaundice and liver complaint the urine is generally of a dark, yellow colour, in fever it is red and high coloured, in affections of the kidneys or bladder bloody or slimy; black colour is a sign of putridity; in children milky appearance of the urine indicates worms.

The specific gravity of healthy urine is between 1,020 and 1,025, being in excess of water, which is the standard (1000), and the normal quantity in 24 hours of an adult about 40 ounces.

**Skin.** The skin should be smooth, moist and cool. A dry burning heat of the skin is indicative of fever. Perspiration when not too abundant is very healthy, but when it is partial or local, something is wrong. Perspiration after slight exertion indicates great weakness and frequent night-sweats consumption.

A bluish tint of the skin warns us that something is wrong with the heart, and a yellow colour tells us that the liver is deranged, a red spot on both cheeks or still more on one of the cheeks generally indicates lung disease.

**Tongue.** Dryness of the tongue points to diminished secretion, and is common in acute and febrile diseases; a moderate moisture of the tongue is a good sign.

In eruptive fevers the tongue is commonly very red; in gastric and bilious fevers the edges and tip only are red. In typhus and enteric fevers the tongue is fissured. The furred tongue indicates inflammation and irritation of the mucous membrane. A yellow coated tongue indicates a disordered action of the liver, and a black tongue some contamination of the blood.

**Pain.** Pain is not always felt at first in the organ affected but in a distant one. Thus inflammation of the liver gradually first shows itself by pain in the right shoulder, disease of the heart by pain down the left arm etc. There is no need here of describing the different pains except perhaps *nervous* pain which is known by this that it always follows a certain tract without being limited to a certain spot, comes and goes suddenly and is therefore intermittent.

*Spasmodic pains* are very severe, stop all on a sudden and are lessened by friction, pressure and external heat.

*Inflammatory* pains are constant, accompanied by heat and quick pulse, and increased by moving the affected parts, by touch or pressure and mitigated by rest.

Though physiology has not reached as yet that point where it can indicate from the kind of pain the exact nature of the disease, nevertheless the bone-pain, muscle-pain, membrane-pain, are quite different one from the other. The planing, boring, gnawing pain is peculiar to the bones, the tearing, drawing, stretching pain to the muscles, the burning pain to the membranes. For the first we give Merc., Phos., or Aur., for the second Rhus., Bry., for the third Ars., Carbo.

## MEDICINES.

Homœopaths make use of the medical substances furnished by the animal, vegetable and mineral kingdoms, which are generally the same as those employed by Allopaths. But as experience has shown that they are too powerful, that is too poisonous and dangerous in their crude state, they mix them either with alcohol, or sugar of milk or saturate a number of globules or pills with the medical substance, and thus they have liquids, powders and globules or pills. When the potentiation takes place in the proportion of one in ten, medicines are said to be prepared according to the decimal scale, and marked with X; but when they are prepared in the proportion of one in hundred, they are said to be prepared according to the centesimal scale and are marked with C. Thus Nux. 6x means 6th potency of Nux. prepared according to the decimal scale, and Nux. 6c means Nux. of the 6th potency likewise, but prepared according to the centesimal scale. From this it is clear that 2, 4, 6, 8, 10, 12, 30 of the decimal scale correspond in strength to 1, 2, 3, 4, 5, 6, 15 of the centesimal scale respectively.

**Doses.** A dose consists of 2 drops in a spoonful of water, or one or two globules or pills dry on the tongue or a powder (as much as may be placed on the tip of a knife or on a eight anna piece) either dry on the tongue or in a little water.

Five drops, five pills or five small powders may also be put into a tumbler of water, and when stirred, the contents may be taken in sips during the day.

The medicines to be given to the patient must not be put into bottles, except in case when the bottles are new, and then a separate bottle should be used for each medicine, and they should be used for nothing else. In all other cases take a tumbler, wash it or rinse it well with cold or hot water and then put the medicine to be used into it. Every time a different medicine is to be used, the washing and the rinsing must be repeated.

The best time for taking medicines is on rising in the morning, and at bedtime, and if oftener prescribed, about half an hour or an hour before meals and two hours after. Even this is not rigidly to be observed, for Nux., Cham. and Puls. and other medicines may be taken immediately after meals. But in no case should a person be aroused from sleep to make him take medicine.

**Medicine Chest.** A medicine chest must not be kept in a room where there is much smoke or dust. The phials should not be exposed to the sun, and Camphor M. T., Moschus M. T. and other strong smelling substances should be kept in a different box. When a cork gets spoiled, replace it with a new one, else your medicine may evaporate or get spoiled. Corks, except for acids, are preferable to glass stoppers, as hardly one in a hundred of the latter can be found that is perfectly air-tight. See that your medicines are genuine and not simply distilled water, sugar or alcohol. All depends on the genuineness of the medicine, and that you get the potency asked for.

## POTENCIES AND DOSES.

The choice of the potency is sometimes also very important. A small dose or high potency may have little or no effect whereas a large dose or a low potency will cure, o vice versa. But it is not easy to give any definite rules on this point.

Generally in acute diseases and maladies, which quickly lead to death, the lower potencies should be used; so also in syphilitic diseases and liver complaint. The high potencies seem to succeed better in all chronic ailments, diseases of the spine, nervous affections, and with very impressionable persons.

The 1st, 2nd, 3rd, and 4th are generally looked upon as low potencies, the 6th, 9th, 12th, 15th as middle, and those above as high potencies.

I should advise persons to use the 6x potency in all ordinary cases, especially of an acute character; and the 30c or 200c in all chronic cases.

The fact that a remedy after it has been taken increases the pain or sufferings, is generally a sign that the remedy is the right one, but that the dose is too strong, and a higher dilution should therefore be taken at once, or the low dilution should be rendered weaker by adding a considerable quantity of water.

## REPETITION OF DOSES.

Another important point is the repetition of the doses. Some medicines have a very short action, say an hour or so, and must therefore be frequently repeated; of this kind are Camphora, Moschus, Ignatia, Ipeca, Aconite. Some act from 4 to 8 days. Calcar, Silicea, Aurum, Graphites, Sulfur, belong to those that have a very long action, say several weeks. As a general rule therefore the shorter the action of the medicine is, the oftener it ought to be repeated, and the longer the action of the medicine, the more rarely it ought to be given. The low potencies, as they are usually taken in acute diseases, ought to be repeated more frequently than the high potencies, which are generally used in chronic diseases.

The more acute and violent a disease is, the higher the fever and the quicker the pulse and the greater the inflammation, the more frequently also should the doses be repeated and the lower should the potency be. But the third, as experience shows, is always low enough. If in acute diseases no improvement takes place within 10 to 15 hours, or if the disease enters into a different stage, the medicines should be changed.

The frequency of the dose therefore depends on the disease and its violence. In Cholera, Croup, Diphtheria, violent Fever, Diarrhoea, the medicines ought to be taken every half hour and even oftener. In ordinary diseases the medicine is given every 2, 3 or 4 hours. As soon as the patient feels better, in ordinary cases, the medicine may be

stopped, and a new dose only given when getting worse shows that the action of the first has been exhausted.

Sometimes one single dose is quite enough to put a stop to pains that had been harrassing the patient for months.

In chronic diseases and especially when a high potency is used, it is quite enough to give the medicines morning and evening, nay in some cases once or twice a week, or even less frequently.

From the above it is clear that a *thorough knowledge of Homœopathy* requires a good deal of patient study, and still more careful and patient observation at the sick bed, to become a good homœopathic doctor. The more experienced and clever a homœopathic doctor or practitioner is, the quicker too he will find out the right remedy, and cure his patient.

### HOMŒOPATHIC BOOKS.

**Manual of Homœopathy**, by Aug. Muller, S. J., Rs. 3—4—0. Canarese Edition of Manual of Homœopathy, Re. 1. **Essentials of Hom. Materia Medica**, by W. A. Dewey, M. D., Rs. 6—4—0. **Leading Remedies**, by H. C. Allen, M. D., Rs. 7—4—0. **Homœopathic Domestic Indicator**, by Dr. W. Schwabe, annas 8. **Chapman's Biochemic Guide**, Rs. 4. **The Biochemic System of Medicine**, by Geo. W. Carey, M. D., Rs. 6—8—0.

### HOMŒOPATHIC MEDICINES.

	1 dr. or 60 Pills.	2 drs. or 150 Pills.	4 drs. or 300 Pills.	1 oz. or 600 Pills.	2 oz. or 1,200 Pills.	4 oz. or 2,400 Pills.	8 oz. or 4,800 Pills.
External Tinctures, Pills, Dilutions, and Q. or Quinine solution.	As. P.	As. P.	As. P.	As.	Rs. A.	Rs. A.	Rs.
	1—6	2—6	4—6	8	0—14	1—8	3
Mother Tinctures (sold only to profes- sionals) 199 and 200 centesimal dilution. Powders 2nd, 3rd, 5th and 6th.	2—0	3—6	6—0	10	1—4	2—8	5

### MEDICINE CHESTS.

	1 dr.	2 drs.	4 drs.	1 oz.
	Rs. A.	Rs. A.	Rs. A.	Rs. A.
A box of the 24 most necessary medicines in the Manual.	2—12	4—8	8—0	13—8
A box of the 50 medicines. . . . . Do.	5—8	9—0	16—0	28—0
A box of the 90 medicines. . . . . Do.	10—0	17—0	28—0	50—0
A box of 30 principal medicines in bold type in the price list.	3—4	5—0	9—0	15—8

The charge for ordinary box and package for Homœopathic Medicines is one anna for every rupee worth of medicines. Boxes made of Red Cedar wood with sliding cover and holes for one, two, four, or eight dram phials may be had at three, four, five, six pies, respectively, per hole. In this case no charge is made for box and package.

Medicines may be had in liquids or pills. Drop conductors, 1 anna 6 pies.



## LIST OF MEDICINES NOW IN STOCK.

Abies Nigra.	Asafoetida	<b>China</b>
Acalypha Ind.	*Atropinum	*Chin. Ars.
Acid Acetic.	*Aurum Fol.	Chin. Sulph.
„ Benzoës.	*Aurum Mur.	Chloral Hydrate
„ Carbolic.	*Aurum Mur. Nat.	Cicuta
„ Fluoris.	Badiaga	Cimicifuga or Actea R.
„ Hydrociani.	Baptisia	<b>Cina</b>
„ Muriatis.	*Baryta Carb.	*Cinnabaris
„ Nitric.	*Baryta Mur.	Cistus Canad.
„ Oxalic.	<b>Belladonna</b>	Clematis Er.
„ Phosphoric.	Bellis P.	Cocculus Ind.
„ Picric.	Berberis Aquifolium	Coccus Cacti
„ Salic.	Berberis Vulg.	Coffea Cruda
„ Sulphuric.	*Bismuthum Nit.	Colchicum Aut.
<b>Aconitum Nap.</b>	Blatta Orientalis.	Collinsonia Can.
Aconitum Rad.	*Borax	Colocynthis
Aesculus Glab.	Bovista	Conium Mac.
Aesculus Hip.	Bromium	Convallaria Majalis
Aethusa	<b>Bryonia</b>	Copaiva
Agaricus Mus.	*Bufo	*Corallium Rub.
Agnus Castus	Cactus Gran.	Crataegus
Aletris farinosa	Caladium	Crocus
Allium Cepa.	*Calcar Acet.	*Crotalus
Allium Sat.	*Calcar Ars.	Croton
Aloe Soc.	* <b>Calcar Carb.</b>	Cubeba
*Alumina.	*Calcar Flour.	*Cuprum Acet.
*Aluminium	*Calcar Iod.	*Cuprum Alum.
*Ammonium Brom.	*Calcar Phos.	*Cuprum Ars.
*Ammonium Carb.	*Calcar Sulph.	* <b>Cuprum Met.</b>
*Ammonium Mur.	Calendula	Cyclamen
Amyl. Nitros.	<b>Camphora</b>	Damiana
Anacardium	Cannabis Ind.	*Digitalin
Anagallis.	Cannabis Sat.	<b>Digitalis Pur.</b>
Angustura	<b>Cantharides</b>	Dioscorea
*Antimon. Crud.	Capsicum An.	<b>Drosera</b>
*Antimon. Tart.	*Carbo An.	Dulcamara
Apis Mel.	*Carbo Veg.	*Elaps
Apocynum Can.	Carduus Marianus	Elaterium
Aranea	Caulophyllum	*Ergotinum
*Argentum Met.	Causticum	Erigeron Canad.
Argentum Nit.	Ceanothus	Eucalyptus
<b>Arnica Mont.</b>	Cedron	Eupatorium Perf.
<b>Arsenicum Alb.</b>	<b>Chamomilla</b>	Eupatorium Purp.
*Arsenicum Iod.	Chelidonium M.	Euphorbia Corol.
Arum Triphyllum	Chimaphila	Euphorbium

Euphrasia  
 \*Ferrum Acet.  
 \*Ferrum Iod.  
 \*Ferrum Met.  
 \*Ferrum Mur.  
 \*Ferrum Phos.  
 Filix Mas.  
 Fucus Vesticulosus  
 Gambogia  
 Gelsemium  
 Geranium  
 Glonoinum  
 \*Graphites  
 Hamamelis Virg.  
 Helleborus Nig.  
 Helonias  
 \*Hepar Sulph.  
 Hydrastis  
 Hydrocotyle Asiat.  
 Hyoscyamus Nig.  
 Hypericum Pulch.  
 Ignatia Amara  
 \*Indigo  
**Ipecacuanha**  
 Iris Vers.  
 Jaborandi  
 Jalapa  
 Jatropa  
**Jodum**  
 \*Kali Bicarb.  
 Kali Bichro.  
 Kali Brom.  
 Kali Carb.  
 \*Kali Cyan.  
 Kali Jod.  
 \*Kali Mur.  
 \*Kali Phos.  
 \*Kali Sulph.  
 Kalmia Latefol.  
 Kreosotum  
 \*Lachesis  
 Lactuca Virosa  
 Laurocerasus  
 Ledum Palustre  
 Leptandra Virg.  
 Lilium Tigrinum

\*Lithium Carb.  
 Lobelia Inflata  
 Lycopodium  
 Lycopus Virg.  
 \*Magnesia Carb.  
 \*Magnesia Mur.  
 \*Magnesia Phos.  
 \*Magnesia Sulph.  
 \*Manganum Acet  
**Mercurius Cor.**  
 \*Mercurius Bin Jod.  
 \*Mercurius Cy.  
 \*Mercurius dulcis  
 \*Mercurius Jod. flav.  
 \*Mercurius Pr. Rub.  
 \*Mercurius Sol.  
 \*Mercurius Sulph.  
 \*Mercurius Viv.  
 Mezereum  
 Millefolium  
 Moschus  
 \*Naja Trip.  
 \*Natrum Ars.  
 \*Natrum Carb.  
 \*Natrum Mur.  
 \*Natrum Phos.  
 \*Natrum Sulph.  
 Nicotine  
 Nuphar Lut.  
 Nux Moschata  
**Nux Vomica**  
 Oenanthe crocata  
 Oleandra  
**Opium**  
 Origanum Maj.  
 \*Ova Testa  
 Petroleum  
**Phosphorus**  
 Phytolacca  
 Pinus  
 Plantago  
 \*Platina  
 \*Plumbum Acet.  
 \*Plumbum Met.  
 Podophyllum  
 Podophyllum

Psoricum  
**Pulsatilla**  
 Pyrogenium  
 Quercus gland.  
 Ranunculus bulb.  
 Ranunculus sceler.  
 Rheum  
 Rhododendron  
**Rhus Toxi**  
 Ricinus  
 Robinia Pseud.  
 Rumex Crisp.  
 Ruta  
 Sabadilla  
**Sabina**  
 Sambucus  
 Sanguinaria Can.  
 \*Santoninum  
 Sarsaparilla  
 Scilla  
**Secale Cor.**  
 \*Selenium  
 Senecio Aur.  
 Senega  
 Senna  
 \*Sepia  
 \*Silicea  
 Solanum Nigrum  
 Spigelia  
 Spongia  
 \*Stannum  
 Staphisagria  
 Sticta Pulmon.  
 Stillingia  
 Stramonium  
 \*Strychninum Nit.  
**Sulphur**  
 \*Sulphr Iod.  
 Symphytum  
 Syphilinum  
 Syzygium Jamb.  
 Tabacum  
 \*Tarantula Hisp.  
 Taraxacum  
 \*Tellurium  
 Terebinthina

Teucrium	*Vaccinium	Viola Odorata
Thlaspi bursa pastoris	Valeriana	Viola Tricolor
Thuya	*Variolinum	Xantox Frax.
Trillium	<b>Veratrum Alb.</b>	*Zincum Met.
*Tuberculinum	Veratrum Vir.	*Zincum Valer
*Uranium Nitricum	Verbascum	Zizia Aur.
Urtica Ur.	Viburnum opul.	
Uva Ursi	Viburnum Prun.	

The above list includes the 12 Tissue Remedies of Dr. Schussler.

We keep in stock the above medicines only. The thirty medicines printed in bold type generally suffice for family practice.

The medicines not preceded by an \* may be had in Mother Tincture and in the 1, 2, 3, 4, 5, 6, 11, 12, 29, 30 decimal and 1, 2, 3, 6, 11, 12, 29, 30, 199 and 200 centesimal potencies, in liquids or in pills.

The medicines preceded by \* can be had in liquids and pills above the 11 decimal or 6 centesimal potency. In lower potencies such as 2, 3, 4, 5, 6 decimal they can be had in powders only.

Pills cannot be prepared from Mother Tinctures.

Persons ordering medicines should clearly state the potency they prefer and whether they want liquids or pills, decimal or centesimal scale; otherwise they will be sent in liquids, of the usual potency and in the decimal scale.

We frequently receive complaints that some of the Mother Tinctures and lower dilutions have a sediment and that therefore they are old and not good. This is not so. Our medicines are always fresh and the sediment shows that they have been prepared according to the Pharmacop. Hom. Polyglot, of Dr. W. Schwabe, (from whom all our Mother Tinctures are obtained) and that they are not 1st, 2nd or even 3rd dilution labelled Mother Tinctures, as is so often the case.

(a). Of Acid Acet, Muriatis, Nitric, Phosphoric, Salic, Sulphuric, Aloe., Anacard., Angustura, Apis M., Arnica, Asafoetida, Badiaga, Berberis, Camphora, Cannabis Ind., Cantharides, Capsicum, Ceanothus, Cedron, China, Chin. Sulph., Chloral Hydrate, Cina, Cocculus, Coccus, Coffea, Colocynthis, Crocus, Croton, Cubeba, Eucalyptus, Euphorbium, Fucus, Gumbogia, Helleborus, Hydrocotyle Asiat, Ignatia A., Ipecacuanha, Jabaran, Jalapa, Jatropa, Kali Carb., Ledum P., Lycopodium, Nux Moschata, Nux Vomica, Opium, Rheum, Rhododendron, Ricinus, Sabadilla, Sanguin. Can., Sarsaparilla, Secale, Senna, Senega, Spigelia, Spongia, Staphisagria, Stillingia, Sulphuris Acid., Syzygium Jamb., Tabaccum, Teucrium, Valeriana, Veratrum Alb., Veratrum Vir., Xantox, the Mother Tincture is equal to the first decimal. See "Pharmacop. Hom. Polyglot" of Dr. Wilmar Schwabe.

(b). Of Acid Benzoës, Carbolic, Fluoris, Hydrociani, Oxalic, Picric, Ambra Gris., Amyl. Nit., Aranea, Argentum Nit., Arsenic Alb., Blatta Orient., Bovista, Bromium, Copaiva, Jodum, Kali Bichro., Kali Brom., Kali Iod., Kreosotum, Mercur. Cor., Moschus, Nicotine, Petroleum, Podophyllinum. Sulphur, Terebinthina, the Mother Tincture is equal to the 2nd decimal. So if the first decimal of (a), or 2nd decimal of (b) is asked, the Mother Tincture will be sent and charged as such. Of Ambra Gris., Aur. Met., Aur. Mur., Fluoris acid., Glono. Mosch., Phos. and Plat 3x; Crotal, Laches. Naja, Pyrogen, Vaccin. and Variol 6x. Elaps 7x. Bufo 9x.; are the lowest potencies available.

We do not sell alcohol, pills, sugar of milk, empty phials, etc., and we cannot charge ourselves with procuring other medicines, dilutions or articles not marked in this price list, for it would interfere too much with other work we have to attend to; and make it impossible for us to continue to sell medicines at the low prices at which we have sold them hitherto. Of pills we keep but two sizes, Nos. 4 and 6 of Dr. W. Schwabe. About 400 of the former and 60 of the latter are equal to one dram.

In conclusion we have to state that all our articles are obtained directly and in large quantities from Dr. W. Schwabe, Leipzig, and Dr. Luyties, St. Louis, U. S. A., the largest and perhaps the most reliable Homœopathic establishments in the world, and this is another reason why we can sell first class articles at such moderate prices.

The prices of our Homœopathic Medicines have been reduced to the lowest rates (one-third of the Calcutta rates) for the sake of the poor. We can therefore allow no discount on small quantities.

As some persons often write for medicines and afterwards refuse to accept the parcels when they arrive, thus exposing us to great loss, as we have to pay the postage on the returned parcels, we have been obliged to make it a rule not to send parcels unless the following amounts are prepaid: on parcels below Rs. 5, As. 8; on parcels above Rs. 5 and below Rs. 10, Re. 1; on parcels above Rs. 10, Rs. 2.

Many persons complain of the high rates of postage they have to pay on large parcels which we cannot send by rail, to places where there is no railway station. We shall hereafter never charge more than Rs. 2 postage on any parcel no matter how large, provided the Rs. 2 are paid in advance. This however excludes boxes with lock and key for which an outer cover is required, as also Manola and other heavy Specialities of the kind. Postage stamps are accepted. All customers are hereby informed that we have no agents for the sale of our **Homœopathic** Medicines in any part of India.

Persons often complain that parcels arrive several days after the letters with the invoice. Invoice and parcels are despatched on the same day. A well trained staff of thirty clerks enables us to despatch all orders the very next day after their receipt. The delay is therefore not due to us but to postal arrangements over which we have no control.

Customers are requested to write their name and address legibly, and letters of inquiry or advice should be accompanied by a stamp for reply. These letters should be short and concise, as my correspondence is very large and I have very little leisure time at my disposal. **Those who write a second time after they have received a prescription should always cite the number of the prescription marked at the top of the letter to facilitate immediate attention.**

## CAUTION.

Mother Tinctures and the 1st dilution should be used by, and are sold to, professionals only.

Liquids of the second or third potency, should be used only when the sick person is of a strong constitution, when the pains are very violent and when the disease is of a dangerous character. They may be used in all kinds of Fevers, in Cholera, Dysentry, Diarrhœa, Acute Rheumatism and Neuralgia, in Skin Diseases with much inflammation and Ulceration, &c.



The sixth potency should be preferred in nervous, excitable and weak persons, for children and when the disease is not very dangerous nor the pains very severe.

The thirtieth potency should be used in all chronic diseases, and in alternation with the 6th, or even 3rd potency, when the same medicine is to be taken for a long time.

In case of doubt use the third potency for grown-up persons and the sixth for children.

As the damp weather easily melts globules and pills, the following precautions must be taken:—

1. Whenever you have to open any phial for use, close it again as soon as possible.
2. Do not drop a number of globules or pills into your hand. The moisture of your hand would wet the pills and thus slowly melt those of the tube with which they are put.
3. Take out a pill or globule with a pin or dry stick or drop some on a dry piece of paper, take one and put the rest back into the tube.
4. For medicines often used, have for daily use small extra tubes, which may be had at 9 pices each.

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## HOMŒOPATHIC MEDICINES MAY BE USED BOTH EXTERNALLY AND INTERNALLY.

WE GIVE BELOW THE TINCTURES FOR EXTERNAL USE  
IN MORE COMMON USE.

**Aconitum Tincture.**—Is used in cases of local inflammation arising from check of perspiration.

**Apis Tincture.**—To be used when stung by Bees, Wasps, etc. Rub a little around the place stung.

**Arnica Hair Oil.**—1 oz. as 8; 2 oz. as. 14; 4 oz. Re. 1—8.

This is a combination of Oil and Arnica, the latter not being perceptible by its odour. It strengthens the roots of the hair and prevents its falling off and becoming prematurely grey, in virtue of the action of Arnica on the relaxed capillary vessels. One or two applications a week are sufficient to effect this and to adequately restore the hair, if the skin is dried and brittle. Its excellence is established in England, Germany, America, Spain and the Spanish Colonies, being commonly known as "Homœopathic Hair Oil."

**Arnica Tincture.**—For Bruises, Contusions, Sprains, Wounds, etc. It is to be rubbed in undiluted, if the outer skin is not injured. Small pieces of linen damped with it may also be put on bruises having at first a reddish and later on a bluish, greenish or yellow appearance. One part of the Tincture, mixed with 10 to 20 parts of lukewarm water, is used for rubbing in and for fomentations in the case of bruises when the outer skin is injured, or blisters on the feet after walking much, soreness caused by riding on horseback or walking; sore nipples, soreness from lying long on a sick-bed, itching chilblains, corns, and bunions. In the case of domestic animals mix one part of the tincture with two parts of water for rubbing in, and for fomentations in case of bruises from heavy pressure of the harness or saddle, lameness of the back or hip, excrescences on the knees and feet, sore heels, gall-stone, swollen feet, swelling of the tendons or groin, spavin, as well as in cases of injury to the hoof after walking on hard and stony ground.

**Belladonna.**—Sore throat, Hoarseness, loss of voice, hard, dry Cough; swollen Glands, Mumps and pains in the abdomen. Rub the throat or glands with the tincture.

**Bellis Tincture** is used undiluted for painting on moles, twice daily with a soft hairbrush.

**Bryonia.**—Stiff neck, Rheumatism, Lumbago, stiffness and pain in the joints. Rub the painful or stiff part with the tincture.

**Calendula.**—To be employed in deep Cuts, ulcerated Wounds, Boils and open sores. 10 drops of Calendula mixed with 100 drops of water to be used in bandages.

**Cantharides and Causticum** are useful in cases of Burns and Scalds.

**Solution of Carbolic Acid** is used for washing and disinfecting wounds and ulcers which have a mottled, bluish or bluish-black appearance and discharge a foul smelling matter. It is applied undiluted.

**Euphrasia Tincture.**—Three drops in a tablespoonful of lukewarm water to wash the eyes in the morning when they are filled with matter and when the eyelids stick together.

**Ferrum Muriaticum.**—A few drops are put on Wounds, the bleeding of which cannot be stopped by any other means.

**Glycerine.**—It is to be rubbed on Sore Heads and other Eruptions with Cracks. Price, 1 oz. as. 4; 4 oz. as. 8; 8 oz. as 12; 1 lb. Re. 1—8—0.

**Hamamelis Tincture.**—One part of the tincture is to be mixed with 20 parts of lukewarm water. It is to be used in Bleeding Piles, Pains in the Joints, Swollen or Painful Veins, Bleeding from Wounds, from the Nose and from other Organs.

**Hydrastis Tincture.**—Two drops in a tablespoonful of water to be used in Cancerous Sores and Wounds and Pox, and for injections in Leucorrhœa and Gonorrhœa.

**Hypericum Tincture.**—This red tincture obtained from the *Hypericum Perforatum* is a very ancient and popular remedy for wounds arising from punctures, cuts, bruises, and lacerations, causing violent pain. A characteristic for the use of this tincture is the pain spreading upwards from the wound (according to the position of the limb). It is applied in the same manner as the tincture of Arnica (one part of the tincture mixed with 10 parts of lukewarm water) and is used also simultaneously—one drop in a tablespoonful of water, internally.

**Ledum Tincture.**—Joints swollen and stiff on account of Rheumatism and Gout should be rubbed with this tincture. It is also good in cases of Bites of Cats, Dogs, etc. or Stings of Insects. One drop of the Tincture to 10 drops of lukewarm water.

**Rhus Tox.**—To be used in Rheumatic Pains in the Joints or the small of the Back, in sprains or strains of the Wrists, Muscles and Tendons as well as in wounds.

**Ruta Tincture.**—The tincture of the *Ruta Graveolens* is, besides the tinctures of Arnica and Calendula, one of the best remedies of the Homœopathic medical treasury, and absolutely indispensable. In cases of bedsores 20 drops of the tincture in a cupful of water is used for damping small pads of linen. The same mixture is applied for washing parts which become easily sore from walking and riding. It is also useful in cases of hurt and bruises of the periosteum, as well as for toe-nails grown into the flesh with suppuration and injuries to the nails.

One to two drops of the tincture in a tablespoonful of water is used for weakness of the eyes, arising from overexertion of the eyes, as a wash in the morning; whilst the

pure, undiluted tincture is rubbed in cases of sprains and dislocations, if these occur in the wrist and ankle joints. At the same time Ruta is to be constantly taken internally in a greatly diluted state.

**Symphytum Tincture.**—This tincture, prepared from the *Symphytum Officinale*, has been found efficacious in fractures of the bones and pains caused by the injury to the periosteum. In these cases one portion of the tincture mixed with 5 portions of lukewarm water is used for soaking bandages in which the suffering part is bound. Broken limbs must, of course, be previously set and put in splints. If in injury to the skin suppuration has already set in, *Symphytum* is no more applicable.

**Thuja Tincture.**—To be rubbed twice daily on Warts and Corns.

**Iodium Tincture.**—To be used in dropsical swelling of the throat, chest, heart, liver, testicles, legs and other parts of the body. Rub the pure tincture on the swollen or painful part once every three days.

**Vaseline Salve.**—For Itch and itching Skin Diseases, Burns, scalds, etc. Price per oz. As. 4. Per lb. Rs. 2.

**Urtica Tincture.**—Undiluted, or mixed with an equal part of water, for Burns of the first degree (with or without the formation of blisters) on bandages. At the same time *Urtica* is to be taken internally in a higher potency.

**Chrysarobine Powder.**—Cures Ringworm, Itch and Parasitic Skin Diseases.

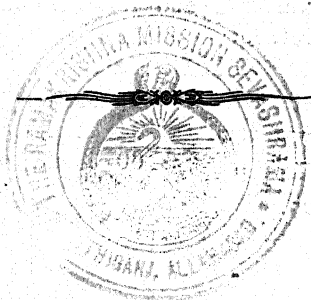
Rub the affected spots twice a week with the powder made into a salve by adding a few drops of water, oil or fat. Care should be taken to spread the salve a little outside the circle. The application should not be repeated too often as it would produce a wound.

**Styrax Balsam** for Itch and Skin Diseases.

**Rubini's Camphor Pills**, 1 oz. As. 10; 2 oz. Re. 1—2—0; 4 oz. Rs. 2. *Dose:* 2 to 3 pills slowly dissolved on the tongue. The dose may be repeated from two to five times a day according to the severity of the symptoms.

**Tonic, Hensel's.** Sold only in 4, 8, or 16 oz. bottles, at Re. 1—2, Rs. 2, Rs. 3—8 respectively.

A preparation of the Formate of Iron, containing the same number of equivalents of the proto-oxides and peroxides of iron in combination as are present in hæmoglobin, by which the derangements of digestion caused by other iron preparations are avoided. A teaspoonful of this, added to half a pint of water sweetened with sugar, has a strikingly invigorating effect, besides correcting the secretions, and its rapidly supporting action in debilitated constitutions renders it especially to be recommended for the great heat of summer and in hot climates. When the appetite has been restored its use may be occasionally omitted.



**The H. P. Dispensary, Mangalore,  
South Canara, Madras Presidency, India,  
IS THE SOLE AGENCY FOR INDIA, CEYLON AND BURMA  
of the Manola Company, St. Louis, U. S. A.**

**MANOLA.**

TONIC, RECONSTRUCTIVE, ALTERATIVE.

**Constituents of Manola.** Manola combines the five tissue phosphates in perfect solution, and in just the exact definite proportions as exist in the cells and tissues which they are destined to reach.

The cell constructants, Calcium Phosphate, Sodium Phosphate, Magnesium Phosphate.

The oxidizing agent, Ferrum Phosphate.

The vitalizing constituent, Potassium Phosphate.

The nutritive stimulant, Gaduline (the active principle of Cod-liver Oil), the whole combined with Erythroxyton Coca, China Officinalis, Extract of Mano Nut, in old nutritious Madeira Wine, and making Manola not only a strictly ethical, scientific, pharmaceutical product, but also a pleasant, agreeable, tolerable, efficient preparation.

After every illness, acute or chronic, especially after bronchitis, pneumonia, chronic catarrh, la grippe, malaria, typhoid or remittent fevers, etc., your patients require a good reconstructive- tonic, and this tonic is Manola.

**Over 100,000 patients die yearly of consumption** in this country [America]. The experience of the medical profession undoubtedly indicates that at least 50 per cent. of these unfortunates could be saved and completely restored to health by taking Manola regularly for a period of a few months each year.

Under this treatment: 1. The expectoration diminishes, is easier, and the sputa becomes more mucous. 2. The cough decreases, especially the nocturnal paroxysms, and then nearly ceases; the cough sometimes lessens before the expectoration. 3. Vomiting ceases, appetite increases. 4. Fever gradually ceases. 5. After treating thus the patient for three weeks, the night-sweats begin to decrease till they finally cease. 6. All physical symptoms hinting to induration and inspissation of lung tissue cease. 7. Strength and weight return.

**PRICES.**

1 bottle .	Rs. 3-0-0	12 bottles .	Rs. 2-10-0 each
3 bottles .	Rs. 2-14-0 each	24 bottles .	Rs. 2- 9-0 „
6 bottles .	Rs. 2-12-0 „	60 bottles .	Rs. 2- 6-0 „

*Mangalore, 5th April 1909.*

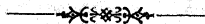
**Aug. Muller, S. J.**



# A FEW PLAIN DIRECTIONS

FOR THOSE WHO WISH TO TRY THE EFFICACY OF

## HOMŒOPATHIC MEDICINES.



**Abrasion.** A sore caused by the removal of the epidermis. Arnica Lotion externally. ( $\frac{1}{10}$  Arn. M. T. —  $\frac{9}{10}$  water).

**Abscess.** A collection of pus in any particular part or tissue. As long as the abscess is closed, bathe it in warm water every three hours and give Bell. and Merc. S., alternately every two hours. When the abscess is near bursting, apply a warm bread poultice every three hours, and give Hep. S. or Sil. every two hours. In case of burning pain and gangrene give Ars. or Lach.

**Accidents.** CUTS. Wash the wound well with cold water and make the ends come together by means of adhesive plasters and then bandage it with linen wet in cold water and keep it constantly wet. "All wounds which are not mortal heal of themselves, without any medicine, unguents, plasters or salves . . . Nothing more is necessary than to apply a proper bandage and to wet it from time to time in cold water." Hering, page 110.

If the cuts are large and deep, the two ends of the wound should be stitched together with a very fine needle and a linen, or better, silk thread. A piece of sticking plaster narrow in the middle and wider on both sides, should then be warmed and several times tightly wrapped around the wound, the narrow part being over the wound, and then be covered with cotton. The cotton or the outside bandage should be constantly kept wet with Arnica Lotion,  $\frac{1}{10}$  Arnica M. T.,  $\frac{9}{10}$  water, and the bandage should not be removed till the wound is completely healed.

Should the wound suppurate, then put a new layer of cotton over the old one to prevent the pus to come through. The great thing is to exclude the air.

PUNCTURED wounds require Hypericum or Ledum applied in the same way as Arnica and Calendula.

The same medicine which is used externally should be administered internally in the third dilution.

In case of fever the medicine should be alternated with Aconitum and in case of great suppuration with Hepar S. or Silicea.

For the sake of beginners and those who wish to try the efficacy of Homœopathic Medicines, we give in these pages a Few Plain Directions for the treatment of Common Diseases, referring the advanced student in Homœopathy to our Manual of Homœopathy.

Medicines may be taken four times a day in ordinary cases. In severe cases every hour or even every half hour.

A dose consists of 2 drops in a spoonful of water, or one or two pills dry on the tongue or a powder (as much as may be placed on a four anna piece) either dry on the tongue or in a little water.

Five drops, five pills or five powders may also be put into a tumbler of water, and the contents may be taken in sips during the day.

LACERATED WOUNDS cure quicker by surrounding them with a bandage dipped in and kept wet with Calendula lotion,  $\frac{1}{10}$  Calendula,  $\frac{9}{10}$  water. If you have no Calendula use Arnica.

BRUISES cure very quickly by simply surrounding them with bandages dipped in Arnica lotion and keeping them constantly wet.

In CONCUSSION of the brain by a fall or blow, Arnica compresses should be put on the head, and Arnica 3 and Belladonna 3 given internally.

BROKEN BONES OR INJURED BONES should, after they have been set right by the Surgeon, be surrounded with Symphytum or Arnica bandages,  $\frac{1}{3}$  Symphytum M. T. and  $\frac{2}{3}$  water.

HURTS OF THE JOINTS, especially of the feet and hands, require Ruta both internally and externally, or Arnica.

CONIUM M. T., 2 drops in a spoonful of water, does well in hurts caused by pressure or push, or glandular swellings due to pressure.

It is self evident that all wounds must be well cleaned at first and in case foreign substances such as bits of iron, glass, thorn, shot etc. have entered, they must be first extracted.

"If however one of the arteries is severed, which may be known by the bright red blood spouting out in jets at every pulsation of the heart, and the bleeding cannot be controlled in the way indicated above, the current should be shut off by compressing the artery above the wound. The location of the artery can generally be ascertained by pressing with the fingers on the inside of the limb, when the beat may be felt beneath the fingers. Over this spot place a piece of cork, or a pebble stone, binding around the limb over the cork or pebble, a handkerchief. Now by introducing a small stick under the handkerchief, and twisting it round, a very good tourniquet is formed, the cork or pebble is pressed against the artery, compressing its walls and checking the current of blood. Where the wound is below the knee, the above application should be made in the hollow on the inside of the leg and the bend of the knee, and where it occurs in the arm below the elbow, the compression should be at the elbow. Of course a surgeon should be obtained as speedily as possible." Guernsey, page 434.

SPRAINS should be bandaged and kept wet with Arnica lotion, equal parts of Arnica and water, and Arnica 3 be taken internally.

In case the skin is broken or bruised, Calendula may be substituted for Arnica. If there is much stiffness and lameness, use Arnica externally and Bry. 3 and Rhus. 3 internally.

DISLOCATION. Call in a surgeon to set the parts right and then put an Arnica bandage around it and keep it constantly wet.

GUN-SHOTS. The shot or ball should be carefully extracted and the wound freely bathed with diluted Calendula lotion ( $\frac{1}{10}$  M. T.  $\frac{9}{10}$  water).

In gun shot wounds great care should be taken that the healing process should commence at the bottom. If the edges are brought together the wound may heal on the surface while no union has taken place below. To prevent this, lint should be introduced into the wound, keeping the upper portion open while the healing process is going on at the bottom. This lint should be removed daily, and the parts washed with tepid water." (Guernsey page 435).

POISONED WOUNDS. Stings of insects, bees and mosquitos, spiders, scorpions, may be easily cured by surrounding the affected parts with Arnica bandage—equal parts of Arnica and water—and taking Arnica 3 internally.

**APIS MEL.** is very successful in stings of bees, wasps etc.

Covering the stung part with soft earth and renewing it when the pain increases, is very soothing and easy, as it may be had at any time.

**SNAKE-BITE.** When the wound is due to the bite of a dog or a venomous serpent, apply heat, i. e., bring a hot iron, a piece of burning coal, or if nothing else is at hand the stump of a lit cigar, as near to the wound as possible, and see that the heat is constant by using another coal, iron or cigar as soon as the one used is getting cold. Continue this process till the patient experiences a stretching or shivering sensation and give Ars. and Bell. internally.

**BURNS AND SCALDS.** In slight burns or scalds the application of heat at a distance is generally sufficient. In more severe cases we have made use of the following treatment with success. Put 10 drops of the Mother Tincture of *Rhus.* into half a tumbler of water, wet a soft cotton cloth with this mixture and cover the burned or scalded part with it. Cover this with a layer of flour, starch or whiting, so as to exclude the air and then give *Rhus.* 3 or 6 internally, or *Rhus.* 3 and *Acon.* 3 alternately in case of fever.

Others prescribe *Cantharides* and *Urtica Urens*, which may be used in the same way as *Rhus.*

Where no *Rhus.* is at hand the burn may be constantly moistened with warmed turpentine, brandy, alcohol or rum as long as the pain lasts. Soap scraped and made into a salve with tepid water, may be spread over a piece of linen and the wound covered with it.

A liniment composed of equal parts of olive oil and lime water is also very soothing.

In case of blisters they should be punctured with a needle so that the liquid may run out.

Care should be taken, no matter what treatment is used, that the injured parts are not exposed to the air.

Should gangrene set in notwithstanding the above treatment, which is rare, or because the burn was neglected at first, then give *Ars.* 3 or *Carbo Veg.* 3 internally every hour.

**Acids, poisoning by.** Soup-suds or a solution of alkali should be taken.

**Acidity, Heartburn.** *Nux.*, *Bry.*, *Puls.*, *Natr. Phos.*

**Agitation, nervous:** *Ign.*, *Cham.*, *Nux.*

**Alcoholism.** Poisoning by alcohol. Provoke vomiting and give *Nux.*, *Ars.*, *Opi.*

**Algidity.** Icy coldness of the body. *Verat.*, *Camph.*, *Opi.*, or *Carbo.* every ½ hour.

**Alum;** poisoning by. Drink soap suds to provoke vomiting.

**Anæmia.** Poverty of blood. *China*, *Ars.*, *Phos.*, *Sulph.*, *Calc.*, *Ferrum.*

**Anchylosis.** Stiffening of a joint either from deposit of ossific or bone forming matter or by contraction of the muscles or ligaments. *Bell.* and *Merc.* as long as there is inflammation. *Sulph.* and *Calc.* later on. Also *Sil.* and *Aur.*

**Anger, effects of,** *Bry.*, *Cham.*, *Nux.*, *Acon.* is preferred for anger combined with fear.

**Anorexia.** Loss of appetite. *Nux.*, *Puls.*, *Sulf.*, *Calc.*, *Bry.*

**Anosmia.** Loss of the sense of smelling *Acon.*, *Calc.*, *Merc.*, *Puls.*, *Sepia*, *Sulf.*, *Natr. Mur.*

**Antigalactics.** Medicines for diminishing the secretion of milk. *Calc.*, *Bry.*, *Bell.*, *Puls.*, *Phos.*

- Anus.** The inferior opening of the rectum.
- „ bleeding from the. Nux., Sulf., Cham.
  - „ burning of the. Ars., Graph., Carbo., Merc. sol., Sulf.
  - „ fall of the. Merc. sol., Ign., Nux., Bell., Sulf.
  - „ fissures, chaps, cracks on the. Ign., Nit-Ac., Thuya, Ars., Sulf.
  - „ itching of the. Ign., Ars., Aur., Sulf.
  - „ „ caused by worms. Cina, Merc. sol., Sulf.
  - „ „ caused by eruptions. Nit-Ac., Merc., Ign., Sepia, Rhus.

**Phonia.** Loss of voice. Bell., Merc. sol., Arn., Spongia, Hep. S.

**Aphthæ.** Vesicles in the mouth or on the tongue. Merc., Ars., Nux., Nit-Ac., Canth. Sulf.

**Apoplexy.** Loss of voluntary motion, consciousness and speech. During the attack loosen the clothing about the neck and stomach of the patient, raise his head and shoulders, put him in a sitting position, and bathe his forehead with cold water or apply ice to the head and mustard poultices to the feet, and call in a doctor. Until he arrives give Bell. and Nux. alternately every  $\frac{1}{2}$  hour.

If the attack is due to physical violence or mechanical exertion Arnica should be used. Give Opium if there is long, continued, heavy stupor.

- Appetite,** voracious, canine. Bry., Graph., Nux., Cina, Calc.
- „ loss of. Nux., Puls., Sulf., Calc., Bry.
  - „ depraved, craving for chalk, earth etc. Puls., Ign. Bry., Sep., Coni.

**Arm,** neuralgic pain in. Bry., Merc., Rhus. or Acon.

„ broken. Consult a Surgeon and give Arn., int. and ext.

**Arsenic,** poisoning by large doses. Rust. of Iron.

„ by small doses. Verat., Cup., Acon., Merc.

**Arteritis.** Inflammation of the Arteries. Bry., Merc. sol., Rhus., Arn.

**Articulations,** inflammation of the. Bry., Merc., Rhus., Arn., Bell., Ars.

„ Dropsy of the. Canth., Arn., Sulf., Calc., Sil.

**Arthritis.** Inflammation of the sinovial membrane of an articulation.

„ when caused by a blow. Arn.

„ when caused by a cold. Bry., Rhus., Merc. sol., Puls.

„ erratic, often changing place. Puls., Nux.

„ chronic. Sulf.

„ knotty, rickety. Calc., Sulf., Graph.

**Ascarides.** Thread worms. Cina, Kali Mur., Merc., Natr. Phos., Sabad., Santonina Sil., Spig., Stannum, Teucr.

**Asphyxia.** Apparent death from various causes.

This term is generally applied to cases when suppression of breathing and animation is caused by drowning, hanging, stroke of lightning, or breathing noxious gases. The only sure, never failing sign of death is internal decomposition. As long as this fails, hopes may always be entertained of restoring the patient, provided he is speedily and prudently attended to. The first thing to be done is to remove all tight clothing from the neck, chest and abdomen, and sprinkle the face with cold water.

**ASPHYXIA FROM DROWNING.** Strip the person of his wet clothes, place him on his back with head and chest elevated, clean his mouth and nostrils, and cover him well with blankets and warm dry clothes, rub the body gently and try to restore breathing, circulation and warmth.

**ASPHYXIA FROM A FALL.** Place the person on his back with his head a little raised, and give a drop or a pill of *Arnica\** as soon as possible.

**ASPHYXIA FROM GASES. CARBONIC ACID ETC.** Remove the body into a cool place with plenty of fresh air, throw cold water on the neck, face and chest, or if cold, friction the body and rub the nostrils with vinegar. As soon as respiration is partially restored give a dose of opium.

**ASPHYXIA FROM LIGHTNING.** The same treatment as for Asphyxia from gases. Nux. should be given as soon as possible.

**ASPHYXIA FROM FROST.** Place the person in a sheltered place, where there is no fire, cover him with several inches of snow, or if there is no snow at hand, place him in ice-cold water. As soon as the stiffness disappears, strip him of his clothes, rub him with snow, or cover him with warm clothes, and rub him until warmth returns. As soon as there are signs of life, give *Spirits of Camphor* in 5 drop doses at a time. Later on a cup of black coffee without milk may be given.

**ASPHYXIA FROM HANGING OR STRANGLING.** Cut the cord, place the person on the back with his head raised, friction the body and apply hot and irritating substances to it.

**ASPHYXIA FROM HUNGER.** Give warm milk in very small quantities at first, and place a cloth wet with brandy and warm milk on the stomach. Later on beef-tea, wine etc., may be given, but the quantity should be increased only slowly.

**Asthma.** Constriction of the Bronchical tubes, which causes difficulty of breathing, occurring in paroxysms. During the attack, dip the hands and feet in hot water and sponge the back of the neck with cold water. Sponging the body every morning with cold water, hardens the body and diminishes the attacks.

The principal remedies are *Ipeca.*, *Nux.*, *Ars.*, *Bry.* They should be given in chronic cases each for 3 or 4 days, 2, 3 or 4 times daily. In acute cases the medicines may be given every hour and oftener.

**Balanitis.** Inflammation of the glands and lining of the penis, with muco-purulent discharge. *Merc.* 3x int., *Calen.* ext.

**Baldness.** Keep the head uncovered as much as possible. Wash it every morning with cold water and dry it well, and use *Arnica Hair Oil* ext.; or *Canth.*, int. and in pomade ext.

**Bed-Sores.** *Arnica* or *Calend.* Lotion. Also *Glycerine*.

**Bee-Stings.** *Arnica* or *Apis* int. and ext.

**Belching.** *Bry.*, *Sulph.*, *Carbo.*, *Ign.*

**Biliousness.** *Nux.*, *Bry.*, *Cham.*, each for 3 days, 4 times daily.

**Black Eye.** Give *Arn.* 3x int. and use weak *Arn.* Lotion ext.

**Bleeding, from the anus.** *Nux.*, *Sulf.*, *Cham.*

" " lungs. *Acon.*, *Arn.*, *Bry.*, *Ipeca.*, *Nux.*, etc.

" " mouth. *Merc.*, *Ars.*, *Nit-Ac.*

" " nose. *Acon.*, *Arn.*, *China*, *Puls.*, etc.

" " stomach. *Arn.*, *Ars.*, *Nux.*, *Ipeca.*, *Phos.*, etc.

" " throat. *Acon.*, *Bry.*, *Nux.*, *Phos.*

" " urinary organs. *Arn.*, *Canth.*, *China*, *Ipeca.*, *Nux.*, *Plat.*, *Puls.*, *Sab.*, *Sec.*

\* NOTE:—When no dilution is indicated nor the scale marked it is always understood that the 3rd or 6th dilution may be given according to the decimal scale. If any other dilution is required or when the centesimal preparation is preferred it is always marked.



**Bleeding, piles.**

- " dark black blood. Arn., Bry., Plat., Puls., Sab., Sec.
- " pale blood. Cham., China, Puls.
- " red rose-coloured blood. Acon., Bry., Ipeca., Plat., Puls., Rhus, Sab.
- " frothy blood. Acon., Arn., Opi.
- " thin, liquid blood. Arn., Ipeca.
- " thick, clotty blood. Acon., Arn., Cham., Ipeca., Opi., Plat., Puls., Sab.
- " profuse, abundant. Acon., Arn., China, Ipeca., Plat., Sab.
- " constant flow of. Bell., Ipeca.
- " at intervals. Acon., China, Plat., Sab.
- " drop by drop. Nux., Puls.

**Blepharitis.** Inflammation of the eyelids. Acon., Apis., Bell., Euph., Merc.

**Blepharoptosis.** Fall of the eyelids. Ars., Bell., Hep., Puls.

**Blepharospasmus.** Frequent spasms and involuntary winking of the eyelids. Plat., Bell.

**Blisters.** Pierce them and put a weak Arnica Lotion over them.

**Blistered feet.** Take a warm foot bath with a spoonful of Arn. M. T. in it, for minutes.

**Blood-shot Eyes.** Give Acon. if from cold; Bell. and Merc. if from simple inflammation; Arn. if from hurt.

**Blows, result of.** Internally Arn. 3 or 6. Externally Arn. M. T.

**Boils.** Externally apply a hot bread-poultice every three hours. Internally give Bell. and Nux. alternately every two hours as long as there is inflammation and severe pain. Arnica is good in very small boils and when the patient is weak and sickly.

As soon as the matter begins to form, give Hep. or Sil. every two hours.

Give Sulph. a dose at bedtime, for a week or two after the boils have disappeared, to prevent a relapse.

**Boils, very large.** Nit-Ac., Hep., Sil.

" very small. Nux., Arn., Puls.

" successive, red. Sulf., Ars.

" with Gangrene. Ars., Lach., Carbo.

" on the gums. Acon., Bell., Merc., Hep., Sil.

**Borborygmus.** Rumbling in the intestines caused by wind or flatus. Nux., Bry., Carbo., China.

**Brain, Diseases of the.** Acon. and Bell. should be given alternately every half hour as long as there is violent fever, great excitement of the brain, flushed face, furious look and convulsions.

Opium when there is stupor, drowsiness, loss of consciousness, delirium, and constipation. Arnica when a blow, fall or mechanical injury was the cause.

Nux. when the attack is due to the drinking of ardent spirits, or to over-exertion of the mind, and when there is drowsiness, stupor, sleepiness, vertigo, headache, vomiting and constipation. Call in a doctor.

**Breasts, gathered or swollen.** Bry. and Bell. alternately. Phos. and Sil. if there is much suppuration. Arn. or Calend. lotion externally.

**Breath, offensive.** Ars., Carbo V., Merc., Sulf.

**Breathing, short.** Acon., Bry., Ars., Ipeca.

**Bronchitis.** Inflammation of the ramifications of the wind-pipe.

Give Acon. in the beginning, every two hours, as long as there is fever, hot dry skin, and hoarseness, in order to excite perspiration and check the inflammation. Later on alternate Acon. and Bry., or Acon. and Nux., every two hours.

Give Ipeca. if the cough is suffocating and accompanied by nausea or vomiting.

**Bronchorrhea.** Flow of spittle. Sil., Ars.

**Bruises.** See Accidents.

**Bug-Bites.** Arnica Lotion.

**Bulimy.** Canine or excessive hunger. Calc., Cina., Iod., China.

**Bunion.** Arn. and Ruta if inflamed; Hep., Sil. or Calend. if suppurating.

**Burns and Scalds.** See Accidents, page 1.

**Calculi.** Foreign inorganic bodies which are formed by agglomeration and superposition in the liver, kidneys and bladder.

„ in the liver. Nux., Calc., Lach., Lyco.

„ in the kidneys. Lyco., Sil., Canth.

„ in the bladder. Lyco., Puls., Merc. sol., Canth.

**Calvitia.** Fall of the hair. See Baldness.

**Cantharides,** poisoning by. Spirits of Camphor or Canth. 30 dil.

**Carbuncle.** A malignant tumour. Apply a warm linseed poultice to bring about the breaking of the tumour. If the patient cannot sleep, mix 10 drops of Calend. M. T. with the linseed. Internally give Ars. and Bell. alt. every 2 hours. Hepar if the discharge is too abundant.

**Carus.** Profound sleep during which the patient neither hears nor speaks. Arn., Opi., Sec., every 15 minutes.

**Chapped Hands.** Arnica Lotion externally and Calc., Hep. or Sil. internally.

**Cheeks,** boils on the. Rhus., Merc. sol., Dulc., Sil.

„ fluxion of. Bell., Merc. sol., Puls., Cham., Nux.

„ „ with caries. Merc. sol., Sil.

„ „ with abscess. Hep., Sil., Sulf.

„ redness of the. Bell., Acon., Merc. sol.

**Cheeks,** swelling of the. Bell. and Merc. sol. or China S.

**Chicken-Pox.** Keep the patient in a warm room and give him a light diet of milk and farinaceous food. Internally give Acon. and Rhus. alternately every three hours. In case of severe headache give a few doses of Bell. and in case of nausea or vomiting, of Ipeca.

**Chill.** Acon., Camph.

**Chilblains.** Rhus., Arn. or Puls. internally and externally.

**Child-Bed Fever.** Acon., Bry., Merc., Plat.

**Cholera Asiatica.**

**Cholera.** The four prominent symptoms of Cholera are icy coldness of the body, diarrhoea, vomiting and cramps. Against these four symptoms the remedies must be directed as follows:

When there is icy coldness, put the patient to bed and give him 5 drops of Camphor Spirits on a little sugar or in a tablespoonful of water, every 5 minutes for half an hour. This will generally bring on perspiration and save the patient.

In case of vomiting, give three drops of Ipeca. in a spoonful of water every time the patient vomits

In case of retention of urine or raving give a few doses of

In case of diarrhoea, alternate Ars. and Veratrum, three drops in a spoonful of water after every motion.

In case of vomiting and diarrhoea, alternate Ipeca. and Ars. and Veratrum together. This is all the treatment required.

**Cod-Liver Oil**, is good in Consumption, Weakness and Wasting away.

**Cold in the Head.** For cold in the head take Acon. and Bry. alternately every 4 hours. Take Merc. and Acon. when there is running at the nose and a little fever. When there is dry cough give either Bell. and Nux., or Bry. and Nux. alternately.

A cold bath early in the morning hardens the body and makes persons less liable to catch a cold.

**Cold water.** Drinking cold water is very beneficial to persons subject to cold congestion of blood to the head, indigestion, constipation, retention of urine, and various other complaints.

**Colic.** Griping in the intestines. Bell. and Cham. are the principal remedies as they are generally sufficient. They should be given every 10 or 15 minutes until amelioration.

„ bilious. Nux., Coloc., Bry., Merc., Puls.

„ flatulent. Carbo., Nux., Sulf.

„ of infants. Cham., Bell., Ipeca.

„ hæmorrhoidal. Nux., Sulf., Carbo.

„ hepatic (of the liver). Merc., Nux., Cina.

„ nephretic (of the kidneys). Canth., Merc.

„ painter's. Opi., Bell., Plat.

**Colic from worms.** Merc., Cina, Sulph.

**Coma.** Loss of consciousness with immobility and drowsiness. Opi., Arn., Bell. every 15 minutes.

**Constipation.** Alumina, Nux V., Sulf., Bry., Lycop., Natr. Mur.

**Convulsions.** Spasms of various parts with or without fever. Bell. is the chief remedy. Cham. when they are due to teething, diarrhoea or mental emotions, such as anger etc. Cina when they are due to worms. Nux. when they are due to constipation or indigestion. Dose: every  $\frac{1}{4}$  hour.

**Copper**, poisoning by. Albuminous drinks, milk.

**Corns.** Pare the corn and rub on it a few drops of Petroleum morning and evening for 8 days. Arn., Ruta, Thuya int. and ext. are also good.

**Corona Veneris.** Eruption of a group of pustules on the forehead. Thuya Merc., Nit-Ac.

**Cough.** In dry, short cough give Bell. and Nux. alternately. In cough with suffocation or vomiting give Ars. and Ipeca. alternately every two hours.

**Whooping Cough.** During the first stage, the best medicines are Acon. 3 and For continuation of Whooping Cough see the first 16 lines on page 9. the second day, Rhus., Bry.

**Cramps**, in the chest. Nux., Cuprum, Bry.

„ in the stomach. Nux., Sep., Phos., Carbo., Verat.

„ in the calves of the legs. Cuprum, Nux., Coloc., Rhus.

**Crick or pain in the neck.** Nux., Bell, Sulf., Thuya, Ign.

In the second stage also *Dros.* and *Bell.*, a dose every second hour, are the most appropriate remedies. In case the attacks are very frequent and violent, a dose may be taken after every attack.

**Merc. 3** may be alternated with either *Dros.* or *Bell.* when there is running of blood or water from the nose, sore nostrills and dry, fatiguing cough.

**Nux. 3 and Ipeca. 3** alternately every two hours will prove beneficial when there is dry, hard cough, perspiration, and aggravation of the symptoms at night, sneezing, watery or bloody discharges from the eyes and nose, and especially vomiting of food or mucous matter, and loose stools.

**Ars. 3** is of great use when the patient is weak and exhausted.

**Accessory Means.** All care should be taken to avoid anything that could excite the ill humour or anger of the patient, as this increases the fits in frequency and violence. The chest and spine should be rubbed every morning and evening for some 10 minutes with olive oil or some other liniment. In fine, dry weather they should be allowed to go out in the fresh air as much as possible, but they should be kept in the room in damp and cold weather, as it and exposure to draughts increase the fits.

**Cuts.** Arn. internally and externally.

**Dandriff or Dandruff.** If the head is attacked, cut the hair, wash the head well with soap and water and then rub into the head a salve made of 1 oz. vaseline and 1 drachm Sulphur 3x, for one hour.

**Debility.** Iod., Ars., Merc., Calc., Nux.

**Decayed Teeth.** Merc., Sil., Bell., Calc.

**Deformity.** Calc., Iod., Sulf.

**Delivery.** Puls., Bell., Nux. alternately every two hours, facilitate delivery.

**Diaphoresis.** Increased perspiration. Bry., Merc., Samb., Chin.

**Diarrhoea.** Merc. is the chief remedy, especially when the motions are green, when the griping pain is low down in the bowels, and when there are cutting pains.

Ars. is to be preferred when there is much thirst, cold skin, burning pain, frequent, watery motions and vomiting. Cham. is good for children, especially when there are colics. Verat. when there is coldness of the limbs, watery stools and cramps.

In very severe cases give a dose of Ars., Merc. and Verat. alternately after every stool.

**Diphtheria.** Put the sick person to bed with his head slightly raised; tie a cold, wet cloth around the neck and surround this with a flannel cloth. Renew the wet cloth every three hours.

Give Acon. and Merc. Cyan. alternately every half hour as long as there is fever. Later on give Bell. and Merc. Cyan. alternately every two hours or oftener. In case of great weakness give Ars.

**Disinfectants.** The best disinfectant is cleanliness and cold water. Also Sulphuric Acid, Carbolic Acid, Chloride of lime.

**Dislocations.** Call in a surgeon and afterwards use bandages of Arn.

**Drowsiness.** Nux., Bell., Ars.

**Drinking Habit.** Some very remarkable cures of the habit of drinking have been obtained of late in America and Germany by the use of *Spiritus Glandium Quercus* and *Passiflora*. Give the patient 10 drops of *Passiflora* morning and evening in a glass of milk. During or after the three daily meals give him 10 drops of *Spiritus Glandium Quercus* in his usual drink, water, coffee, tea or even liquor. 2 oz. is the lowest available, price Re. 1-4-0 per bottle of each.

**Dysentery.** Bloody flux. The principal remedy is Merc. a dose after each motion. Ars. is to be preferred in chronic cases and when there is burning pain, great prostration and vomiting.

Verat. when there are cold sweats and cramps

In very severe cases give a dose of Merc., Ipeca. and Ars. alternately after each motion.

In case of fever alternate Acon. with one of the above medicines.

**Dyspepsia.** Indigestion, slow digestion. Eat slowly, masticate well, do not take food oftener than every three or four hours, sponge the body freely with cold water every day, and take a glass of cold water at bed-time and rising.

The chief remedy is Nux., especially when there is headache, constipation, piles, sleepiness after meals, nausea and flatulence.

Puls. is better for women and when the disorder is due to rich or fatty food, and when there is diarrhoea.

Ars. when there is much thirst, burning pain, cold skin and diarrhoea.

Bry and China are also good in many cases.

Dose: four times daily.

**Dysphagia.** Difficulty of swallowing. Sep., Plat., Ign.

**Dyspnoea.** Difficult breathing. Ars., Ipeca., Phos., Bry.

**Dysuria.** Pain and difficulty in making water. Bell., Puls., Canth., Nux., Phos.

**Ears,** diseases of. For discharge from the ears give Merc. and Calc. alternately every four hours. If these do not suffice, give Hep. and Puls. alternately. For very violent pain give Puls. and Merc. or Puls. and Cham. alternately every half hour.

Acon. should be given in case of fever, and Hep. when an abscess is forming.

**Echymosis.** Discoloration under the skin as from a bruise. Arn. lotion if quite recent. Hamamelis when there is much discoloration.

**Elbow,** Miner's. Inflammation of the bursa of the knee joint. Arn., Acon., Bell., Ledum, Rhus.

**Emaciation.** A falling off in flesh. Ars., China, Iod.

**Emissions.** Phos., Phos. Ac., Nux. V., China, Canth., Sulf.

**Enlargement** or swelling of the glands. Merc., Bell., Coni., Iod., Sulf.

„ liver. Merc., Nux., Bry.

„ spleen. China, Ars.

„ lungs. Bry., Merc., Phos.

**Ephelidis.** Freckles, brown or white spots. Dulc., Hep. S., Sep., Sulph.

**Ephidrosis.** Flux of perspiration. Merc., Bry., China, Sambuc.

**Erysipelas.** In the early stage alternate Acon. and Bell. together every hour. Later on give Verat. Vir.

Externally use Canth.—Put 10 drops of Canth. M. T. in a pint of water, wet a cloth with this and put it on the face.

**Erythema.** Partial redness of the skin.

„ if caused by a blow. Arn. internally and externally.

„ if caused by the heat of the sun. Acon. and Bell.

**Excitement.** Acon., Bell., Coffea, Nux.

**Excoriation.** Tepid baths twice a day. Use Arnica Lotion externally.

**Excrescences.** Thuya, Calc., Nit-Ac.

**Exhaustion.** Ars., Phos., Calc., Nux.



**Extremities cold.** Camph., Ars., Opi., Merc., Carbo., Digit.

**Eye Diseases.** Inflammation of. Give Acon. and Bell. alternately every two hours as long as there is fever, much redness of the eyeball, and pain, and especially when it is due to a cold.

Bell. suits in almost all kinds of eye diseases, especially when there is inflammation, great redness, severe pain in the eyes, eyes dry and burning, or great flow of tears, dread of light, weak sight etc. It may be alternated with Acon.

Give Arn. when due to a mechanical injury.

Merc. when there is much pain, painful perception of light, pimples, ulcers and discharge from the eyes.

Ars. when the pains are of a burning character and when there is much matter in the eyes.

Puls. when due to a cold, and when the eye-lids are swollen and there is a flow of acrid tears, which sore the cheeks, when there is ulceration, or when there are sties on the eyelids.

**Faceache.** If from cold. Acon.

" If there is much redness. Bell.

" If the pain is only on one side of the face. Cham. and Merc. alternately.

" If it is periodical. Ars. and China.

**Faeces, Stools.** Very large. Bry.

" Knotty. Sulph.

" Dark and knotty. Opi.

" Hard and knotty. Graph.

" Dark, hard, small balls. Plumb.

" Hard and large, and expelled only after frequent efforts. Nux.

" White. Digit.

" Soft but difficult. Alum.

" With indigested food. Ars., China, Ferrum.

" Watery stools. Ars., Verat. Alb.

" Involuntary. Secale, Phos., Phos-Ac.

" Mucous. Puls., Merc., Cham.

**Fall.** For all effects of a fall or other mechanical injuries, take Arn. 3 dil. every two hours or oftener according to the gravity of the case.

Externally, as long as the skin is not erased or there is no open wound, rub the painful part with Arnica M. T. pure. In case of erasures or open wounds, use a lotion of one part of Arnica M. T. and 10 parts water.

**Fear,** effects of. Opi., Acon., Bell.

**Feet,** aching and blistered. Arn. internally and externally.

" burning in. Canth., Calc., Graph., Phos.

" cold. Sulph., Sil., Sep., Puls.

" swollen. Ars., China.

" weakness in. Ars., China, Sulph.

**Fever.** The first day give one drachm of Q (our special preparation of Quinine) once. The whole of it is to be given in a little water. To children give only half a drachm or less according to age. The second day give Acon., third day Bryon., the fourth



day China, and the fifth day Arsenic, at bedtime and rising and at about 10 a. m. and 4 p. m.

Dose: for Acon., Bry., China, Arsenic 3 to 5 drops or 1 pill in a spoonful of water for adults, and 1 to 2 drops or 1 globule in a teaspoonful of water for children.

The 6th. day give again a dose of Q., and the 7th., 8th., 9th. and 10th. day Acon., Bry. China, and Ars., as above.

In very severe cases Acon, Bry., China, and Ars. may be given alternately every hour.

These medicines have been tried with the greatest success all over India in all kinds of fever, Jungle fever, Ghaut fever, Rheumatic, Intermittent and Pernicious fever. The treatment strengthens the patient and allows him to go on with his work.

Acon., Bry., China and Ars. are also very efficacious for colds, cough, loss of appetite weakness, rheumatism and especially consumption, when not too far advanced.

**Fissures, cracks.** Thuya, Rhus., Arn.

**Fish,** indigestion, poisoning by eating bad fish. Provoke vomiting and give Nux., Puls.

**Fistula.** An obstinate tube-like sore with a narrow orifice.

” Of the glands. Phos., Merc., Sil.

” Of the anus. Merc., Calc., Graph.

” Of the urinary organs. Calc.

” Of the eye. Sulph., Puls., Hep.

**Flatulence.** Nux., China, Carbo.

**Flea Bites.** Arnica Lotion.

**Freckles.** Dulc., Sepia, Sulf., Hep.

**Fright,** effects of. Acon., Opi.; also Plat., Ign., Coff., Nux., Ars.

**Gingivitis.** Inflammation of the gums. Bell., Merc., Staph., Nit-Ac.

**Glands,** Induration of. Iod. and Merc. or Bell. and Iod., alternately.

” Inflammation of. Bell., Merc., Dulc., Hep., Sil.

” Swelling of. Merc., Bell., Coni., Iod.

**Gum-Boil.** Acon. and Bell. alternately in the beginning. Merc., Sil. or Hep when it begins to suppurate.

**Gums.** Abscess of the. Sil., Phos., Calc., Sulph.

” Bleeding of the. Merc., Bell., Nit-Ac., Staph.

” Ulceration of the. Carbo., Merc., Nux.

” Inflammation of the. Merc., Nit-Ac., Bell., Staph.

” Tumours, boils etc. Carbo., Bell., Sil., Thuya, Nit-Ac.

” Swelling of the. Bell., Merc., Acon., Hep.

**Gum-Scurvy.** Merc., Nit-Ac., Carbo., Ars., Sulph., Staph.

**Hands,** chapped. Arn., Calend., Rhus., or Glycerine, both internally and externally.

” coldness of. Camph., Ars., Carbo., Verat.

” dryness and burning in. Phos., Sil., Lyc., Ars.

” pain in. Bry., Rhus., Ledum., Arn.

” perspiration of. Calc., Sulph., Thuya.

” swelling of. Bell., Apis., Ars., China.

” trembling of. Bell., Nux., Merc., Opi.

**Headache.** Acon. when due to cold; Nux. when due to indigestion and constipation; Bry. when of a rheumatic character, when very painful, and when the patient moves about; Bell. when there is rush of blood to the head and beating of the arteries; Puls. for women, or when the headache is due to eating rich or fatty food, and for shooting pain.

**Heart affections of,**

Give Acon. when the ailment is due to cold or a chill, when the patient is strong, his face flushed, his neck short, and when the palpitations of the heart are tumultuous and accompanied by cutting pain.

Ars. when there is great anxiety, frequent fainting, suffocation or difficult breathing, violent palpitation, burning pain and cold extremities.

Bell. when the face is much flushed, the respiration hurried, and when there are throbbing pains in the neck, anguish of the heart and aching pain.

A dose every two hours or oftener according to the case.

**Heartburn.** Puls., Carbo., Nux., Calc., Sulph.

**Hiccough.** Salted water or Nux., Ars., Bry., Ign. or Bell., Natr. Mur.

**Hip Diseases.** Pain in the hip. Acon. as long as there is fever, followed by Bell. and Merc. alternately. Also Rhus, Calc., Sil.

**Hoarseness.** Acon. when due to cold; Arn. when due to too much singing or talking; Merc. when catarrhal, with rattling of mucus; Hep. in obstinate cases. Also Phos. and Carbo.

**Hornet Stings.** Arnica or Apis internally and externally.

**Hypochondriasis.** Melancholy. Staph., Puls., Ars., Phos-Ac., Ign.

**Hysteria** or Hysterie convulsions. Ign., Nux., China, Puls., Phos.

**Impotence.** If impotence is not due to constitutional defects, it may be cured by one of the following remedies.

Acid. Mur., Agnus Cast., Argent Nit., China, Camphora, Coni., Dioscorea, Nux-Vom., Saw Palm.

**Incontinence** of Urine, in children. Bell., Sulph., Calc., Thuya.

" " in grown up persons. Bell., Canth., Nux.

**Indigestion,** slight. Puls., Nux., Ipeca., Bry.

" severe. Tartar, Ars., Ipeca.

**Influenza.** Give Acon as long as there is fever. Alternate Acon. and Bry together when there is cough, pain in the throat and windpipe. Give Acon. and Merc. alternately when there is fever with running at the nose. Ars. when there is great weakness, much thirst, cold sweats, nausea, burning heat in the stomach and running at the nose. Nux. a dose at bedtime and rising, when it is due to constipation, indigestion and abuse of liquors.

**Insects,** stings of. Apis or Arn. M. T. externally. Third dil. internally.

**Intestines.** Colic, neuralgia of. Bell., Cham., Nux., Colic.

" Inflammation of. Ars., Bry., Nux., Merc., Puls., Cham.

" Swelling of. China., Opi., Carbo., Nux., Phos.

" Strangulation of. Opi., Nux., Bell.

**Jaw,** pain in the. Bell., Canth., China, Carbo.

" ulceration of the. Merc., Sil., Ars., Hep.

" caries of the. Phos., Sil., Phos-Ac., Aurum.

**Jealousy,** effects of. Nux., Phos., Staph.

**Joy,** effects of excessive. Coffea, Puls., Opi. Also black coffee.

**Kidneys,** affections of. Foment the loins and abdomen with warm water and apply hot sand bags or hot water bottles to the feet and sides, or give a warm hip-bath. Rub the spine and region of the kidneys with alcohol.

Give Acon. every half hour as long as there is fever and restlessness; Bell. when there is severe headache and delirium; Nux. when the trouble is due to mental exertion, abuse of stimulants, indigestion and constipation.

Ars. for dropsical swelling; Merc. for mucus, blood or pus in the urine.  
In chronic cases alternate Merc., Ars., and Nux. each for three days, four times daily.

**Knee**, inflammation and pain. Acon. and Puls. alternately. Also Rhus., Bry., Sulph.  
**Lactation**. Fever during. Acon. and Bell. or Acon. and Bry. alternately.

" Scanty milk. Calc., Sulph., Merc., Nux.

" Excessive flow of milk. Sil., Calc., Bry., Phos.

**Lameness**. Acon., Bry., Rhus., Ledum., Puls., Merc., Sulph.

**Laringitis**. Inflammation of the larynx, or the mucous membrane of the larynx.  
Acon., Bell., Merc. S., Hep. S., Silic., Sulph.

**Lead**, poisoning by. Nux., Cuprum; milk or albuminous drinks.

" " slow, chronic. Bell., Opi., Plat., Sec., Sulph. alternately.

**Legs**, broken. Call in a Surgeon and use Arn. int. and ext.

" boils on the. Rhus., Merc., Dulc., Sil.

" neuralgia of the. Bry., Rhus., Puls., Merc.

" ulcers of the. Ars., Sil., Calc., Sulph.

" pain in the calves of the. Ars., Calc., Puls., Rhus., Sep., Bry.

" cramps in the. Coloc., Cupr., Puls., Plat.

**Lienteria**. Frequent liquid evacuations of half digested food. China, Ars., Sulph.

**Lightning**, stroke of. See Asphyxia from Lightning.

**Lipomania**. Melancholy. Staph., Puls., Ars., Phos-Ac., Nux., Ign.

**Lips**, aphthæ on the. Ars., Merc.

" chapped. Thuya, Merc., Rhus.

" dryness of the. Bell., Merc., China, Phos.

" eruption on the. Ars., Bry., Rhus., Sep., Sulph.

" swelling of the. Ars., Bell., Bry., Merc., Sulph.

" ulcers on the. Ars., Merc., Sil., Hep.

**Liver Complaint**. For Inflammation, Congestion, Jaundice of the Liver. Give Merc. when there is a dull, sharp, piercing pain, when the skin is yellow when the perspiration leaves a yellow stain in the bedclothes, when there is diarrhoea, and when the region of the liver is very tender to the touch.

Acon. is to be used when there is fever or when the affection is due to cold.

Bry. in case of severe headache, difficult breathing, shaking cough, and irritable disposition.

Nux. when there is constipation, vomiting of bile, jaundice, and also when due to mental over-exertion, or abuse of liquors.

In chronic cases give Merc., Bry., Nux., China, alternately, each for 3 days, four times daily.

**Lock-Jaw**. Closing, clenching of the jaws. Tetanus. Wash the head with cold water. Give Bell. when there is delirium and violent headache. Arn. when due to mechanical injury. Opi. in case of torpor and drowsiness. Nux. in case of constipation.

**Lumbago**. Pain in the region of the kidneys. Arn., Bell., Nux., Bry., Rhus., Sulf.

**Mammæ**. The breast in females.

" inflamed and swollen. Bry. and Bell. alternately, Arn. externally.

**Measles.** The patient should be put to bed and the room should be kept warm and well ventilated and cooling drinks given.

Puls. is the chief remedy; it should be alternated with Acon. every two hours in case of fever, giddiness, headache, and inflammation of the eyes.

Bell. and Puls. alternately in case of headache, sore throat, and great intolerance of light.

Bry. and Puls. in case of dry cough, sticking pain in the chest, difficult breathing, pains in the limbs, constipation. Sulph. a few doses at the end.

**Melancholy.** Staph., Puls., Ars., Phos-Ac., Ign., Nux.

**Memory,** weakness of. China, Bell., Aur., Nux., Sulph., Verat., Lach.

**Menses.** The menstrual flow takes place at the age of puberty, about the 14th year and lasts up to 45 or 50; but is interrupted during the time of pregnancy. It may occur earlier or later than this period, be entirely wanting, insufficient or too abundant, or accompanied by great pains and colics.

**Flux** or flow behind time. Acon., Bry., Rhus., Puls., Plat.

„ ahead of time. Plat., Chin., Sec., Cham., Bell., Nux., Calc.

„ suppressed. Acon., Bry., Bell., Sab., Plat., Cham., Ars., Puls., Sulf.

„ too abundant. Ipec., Cham., Plat., Sab., Sec., Puls., Bell., Nux., Calc., Chin., Sulf.

„ too little. Bell., Puls., Canth., Dros., Chin.

„ painful. Acon., Nux., Puls., Bell., Sec., Cham., Sab., Plat., Sep., Sul., Ver.

„ of white matter. Calc., Puls., Chin.

„ of yellow matter. Sep., Nux., Sulph.

„ of green matter. Sep., Nux.

„ of dark, black blood. Arn., Puls., Bry., Plat., Sab., Sec., Cham.

„ of pale blood. Puls., Cham., Chin.

„ of red, rose coloured blood. Puls., Rhus., Acon., Bry., Ipeca., Sab., Plat.

„ frothy blood. Acon., Arn., Opi.

„ thin, liquid blood. Arn., Ipeca.

„ thick, clotty blood. Arn., Acon., Ipeca., Puls., Opi., Plat., Sab., Cham.

„ profuse, abundant. Acon., Arn., Ipeca., Plat., Sab., Chin.

„ constant. Bell., Ipeca.

„ at intervals. Acon., Chin., Sab., Plat.

„ drop by drop. Nux., Puls., Sab.

**Mental weakness.** Nux., Phos-Ac., Sulph., Bell., Ign.

**Mercury,** poisoning by. Provoke vomiting and afterwards take albuminous drinks, *e. g.*, the white of an egg.

**Mercyismus.** Regurgitation of food. Thuya, Nux., Phos.

**Meteorismus.** Excessive extension of the belly by gases. Nux., Carbo., Opi., Phos-Ac., China.

**Milk.** Is very good in diarrhoea and dysentery which it tends to stop, and especially in fevers, where it allays the great heat, replaces the liquid lost by perspiration, and keeps up the strength of the patient. But to be really useful in these cases, it ought to be taken neither boiled nor unboiled, but simply well warmed by dipping the vessel containing it into hot water.

**Miscarriage.** To prevent. Give Sab., Sep., Nux., Calc., Sulph., each for 3 days, morning and evening, during the whole period of gestation.



**Miscarriage** when there is fever. Acon.  
 „ due to an accident. Arn.  
 „ due to emotional causes. Cham.  
 „ when the person is scrofulous. Sulph. and Calc.  
 „ when syphilis is suspected. Merc. Cor.

**Morning sickness.** Ipeca., Nux., Sepia.

**Mumps, Parotitis.** This painful affection generally confined to young children, is catching and lasts about 8 days. It is very rarely dangerous, and consists of the swelling of the salivary glands under and in front of the ear, the formation of a little tumour in front of the ear, and slight fever.

**Treatment.** Puls. and Merc. 3 or 6 dil. one day and Merc. and Bell. 3 or 6 dil. the other day, alternately every two hours, is all that is required to affect a cure.

**Neck,** crick in the, stiffness of the. Bry., Rhus., Calc., Thuya, Merc.

„ swelling of the (Mumps). Merc., Bell., Puls., Sulph., Ipeca.

**Nervousness.** Ign., Nux., Cham.

**Nervous-Sick Headache.** Ign., Cham., Coffea, Bell., Nux.

**Nettle-Rash.** Acon. if there is fever; Rhus., Puls., or Nux. if from indigestion; Bry. if from retrocession of an eruption.

**Neuralgia.** Pain in a nerve.

„ of the arm. Bry., Merc., Rhus., Acon.

„ of the ear. Bell., Merc., Puls., Sep., Cham.

„ of the face. Acon., Bry., Cham., Bell., Merc.

„ of the head. Acon., Bell., Nux., Puls., Bry., Sep.

„ of the back of the head. Nux., Sulph., Ign., Thuya, Bell.

„ of the heart. Puls., Ars., Bry.

„ of the hip. Arn., Bell., Nux., Bry., Rhus.

„ of the kidneys. Canth., Rhus., Ars., Puls., Ign.

„ of the legs. Bry., Rhus., Puls., Merc.

„ of the liver. Bry., Merc., Nux.

„ under the ribs. Rhus., Bry., Nux., Arn., Puls.

„ of the spinal marrow. Nux., Ars., Bell., Phos., Ign.

„ of the spleen. China, Ign., Bry., Bell., Acon., Arn.

„ of the stomach. Nux., Cham., Carbo., Puls., Bry.

**Nevritis.** Inflammation of a nerve. Ars., Phos., Bell.

**Nevroma.** Small painful tumour on a nerve. Phos-Ac., Sil., Lach., Merc.

**Nightmare.** Nux. if from indigestion; China if there is oppression; also Acon., Puls., Sulph. Light supper, daily out-door exercise and cold baths.

**Nightsweats.** China, Ars., Bry., Merc.

**Nipples,** sore. Cham., Merc., Hep., Sil.; Arn. or Calend. lotion externally.

**Nodosities.** Swellings. Calc., Sil., Thuya, Nit-Ac.

**Noises** in the ear and head. Bell., China, Nux., Sulph.

**Nose.** Affections of the. For bleeding from the nose give Arn. if occasioned by a fall, blow etc. China when the person is delicate, or when the bleeding is due to loss of blood. Puls. when there is bleeding from the nose instead of the monthly period.

For running of matter from the nose give Ars., Merc., Puls. alt.

For stuffed up nose give Nux., Ars. or Bry.

For ulceration in the nose, Ars. and Merc. alt. every 2, 3 or 4 hours.

**Nostalgia.** Homesickness. Symptoms: Great sadness, loss of appetite, irresistible desire to go back to one's own country. Nux., Ign., Puls., Phos., Sulph., Aur.

**Obesity.** Corpulency. Calc., Ars., Puls.

**Occiput,** pain in. Nux., Thuya, Merc., Bry., Rhus., Calc.

**Offensive breath.** Merc., Carbo., Ars., Nux., Sulf.

**Opium,** poisoning by. Acon., Arn., Bell., Sec.; black coffee.

**Orchitis.** Inflammation and swelling of the testicles. Acon., Iod., Bell., Canth., Nux., Puls. See Testes.

**Ovaries,** dropsy of. Apis, Iod., Sep., Sulph., Ars., Sabin., Dulc.

„ inflammation of. Apis, Canth., Puls., Plat.

**Over-exertion,** bodily. Arn., Rhus. internally and externally.

„ mental. Nux., Phos., Lach., Calc., Sulph.

**Palate,** inflammation of. Bell., Merc., Ars.

**Palpitation** of the heart.

„ continual. Acon., Puls.

„ intermittent. Phos., Ign.

„ nervous. Cham., Nux., Ign.

„ tumultuous. Acon., Ars.

**Perspiration,** excessive. Sambuc., Merc., Bry., China.

„ suppressed. Acon., Bry., Ars., Sil., Rhus.

**Peruvian Bark.** Good in chronic, intermittent fever, pain in the liver and spleen, weakness, loss of appetite etc.

**Petechiae.** Spots of a red or purple hue resembling flea bites. China, Rhus., Arn., Ars.

**Phosphorus,** acute poisoning by. Provoke vomiting, afterwards give Acon. and Canth. alternately.

„ slow „ Ars., Arn., Lach.

„ with affection of the bones. Sil., Phos., Aur.

**Pleurisy or Pleuritis.** Inflammation of the pleura. Alternate Acon. and Bry. together every two or three hours as long as there is fever, great pain, dry cough, and violent pain under the ribs. Call in a Doctor.

Merc. is good when the fever is worse in the evening or during night.

Ars. when there is great anxiety, thirst, fainting, and watery eyes.

**Pleurodynia.** Neuralgic pain or stitch in the side. Arn., Bry., Rhus., Puls.

**Polyuria.** Flux of urine. Ars., Puls., Nux., Phos., Aur., Dig.

**Pregnancy,** disorders during.

„ nervousness, irritability. Cham.

„ palpitation. Acon., Coffea, Gels.

„ colics. Coloc., Cham., Nux., Puls.

„ constipation. Nux., Bry., Opi., Sulph., Sep.

„ convulsions. Bell., Cham., Coff., Nux., Ign., Verat.

„ cough with oppression of breathing. Bell., Nux., Bry.

„ cramps in the abdomen. Bell., Nux., Puls., Verat.

„ cramps in the back. Opium, Rhus., Ign.

„ cramps in the hip. Coloc. or Stram.

„ cramps in the legs. Calc., Cham., Nux., Sulph.

„ depression of spirits. Ign., Plat., Puls.



**Pregnancy, diarrhoea.** Puls., Phos-Ac., Nux., Ipeca., Dulc.

" false pains. Cham., Puls., Secale.

" headache. Acon., Bell., Bry., Nux., Puls.

" heartburn. Calcar, Puls., Nux.

" morbid appetite. Calc., China, Carbo., Sil.

" morning sickness. Ipeca., Nux., Puls., Sep.

" salivation. Iod., Merc., Hep., Sulph.

" toothache. Sepia, Coff., Cham., Nux., Merc., Kreos.

" urinary difficulties. Bell., Canth., Hyos., Nux.

" vertigo. Acon., Bell., Nux.

**Prickly Heat.** Acon., Cham., Ars., Rhus., Sulph.

**Prolapsus Ani.** Protrusion of the intestine or bowel. Merc., Ign., Nux., Bell.,

Sulph.

**Prostration, feeling of great.** Ars., Lach., Carb., China.

**Pustule.** An elevation of the scarf skin, containing pus or lymph and having an inflamed base.

" malignant. Ars., Bell., Carbo., Lach.

**Pyrosis.** Heartburn. Puls., Nux., Sulph., Calc., Carbo.

**Quinsey.** Sore throat. Acon., Bell., Merc., Ars.

**Ranula.** A tumour under the tongue. Nit-Ac., Staph., Bell., Merc.

**Rash, nettle, purple, scarlet.** Acon., Bell., Merc., Puls., Ipeca.

**Respiration, short.** Bry., Sil., Opi.

" painful. Ars., Ipeca., Bry., Nux., Sulph.

**Restlessness.** Ign., Cham., Nux., Opi.

" of children. Acon., Cham., Bell., Nux.

**Rheumatism.** Acon., Bry., Rhus., Merc., Puls., Sulph., Cham., Ars.

Give Bry. in acute and chronic cases, and especially when the muscles are chiefly affected, when the pains are steady and always in the same place, are increased by movement, touch or cough, and are accompanied by pain in the stomach and constipation.

Rhus. for steady pains in the same place, increased by cold and damp weather, worse during rest, and ameliorated by motion or exercise.

Merc. for wandering pains, now here now there, especially in the joints and bones, increased by heat and by damp and cold weather, accompanied by fever, abundant Perspiration, and swelling of the parts affected.

Puls. for wandering pains, affecting especially the feet, hands and hip-joints, increased by dampness and coughing, and accompanied by chilliness, torpor of the limbs and diarrhoea.

Sulph. in all chronic cases. A dose every 2, 3 or 4 hours according to circumstances.

**Rheumatism.** wandering, now here, now there. Puls., Merc., opi.

" steady, always in the same place. Bry., Rhus.

" worse during rest. Rhus., Dulc.

" worse on movement or touch. Bry., Bell., China., Nux.

" worse in damp weather. Rhus., Ars., Merc., Verat., Nit-Ac.

" worse in cold weather. Nux., Bell., Rhus., Puls., Ars., Merc., Phos.

" worse on coughing. Nux., Bry., Bell., Rhus., Puls.

" relieved by exercise or by moving the affected parts. Puls., Rhus., Ars., Cuprum.

**Rheumatism.** relieved by rest. Nux., Bry.

„ relieved by heat or warm weather. Nux., Ars.

„ chronic. Sulph. a dose now and then.

**Santonine** at bedtime for two or three nights followed every morning by a dose of *Castor-Oil*, is a simple and speedy means to rid the system of ordinary worms. The dose ought to be proportioned to the age of the person. To children under one year give 1 grain, under 3 years 2 grains, under 7 years 3 grains, under 14 years 4 grains, above that age 6 grains.

**Scarlatina.** Scarlet fever. In the beginning alternate Acon. and Bell. every two or three hours.

Give Bry. when the rash is slow in coming out, when there is cough and pain in the chest.

Merc. when there is swelling of the glands of the neck, sore throat and ulceration of the tonsils.

Ars. when there is great weakness, dropsical symptoms, sore throat and severe inflammation.

**Sciatica.** A rheumatic affection of the hip-joint. Ars., Bell., Bry., Nux., Rhus., Coloc., Cimic.

**Scrofula** or scrofulous affections. Sulph., Calc., Hep., Sil., Ars.

**Scrotum**, swelling of the. Canth., Iod., Nux. See Testicles.

**Sea-bathing** is very beneficial especially in skin-diseases and in intermittent fevers.

**Sedentary Habits**, effects of. Nux., Phos., Ars.

**Shiverings.** Acon., Bry., China, Camph., Ars., Ipeca., Rhus.

**Shortness of breath.** Bry., Phos., Sil., Opi.

**Side**, pains in. Puls., Bry., Ars.; Arn. if muscular.

**Sleep**, comatous. Bell., Hyos., Opi.

„ unrefreshing, agitated. Ign., Acon., Nux., Verat., Phos.

**Sleepiness.** Nux., Bell., Ars.

**Small of the back**, pain in. Ars., Rhus., Bry., Nux.

**Small-pox.** Give Acon. and Ipeca. alternately every two hours as long as there is fever, headache, vomiting and convulsions, and pain in the back and loins.

Give Acon. and Bry. alternately if the eruption is slow in coming out, when there is fever, dry, hot skin and headache.

Give Merc. and Bell. alternately if the throat is much inflamed, sore or ulcerated, the glands of the neck swollen, and the bowels loose.

**Smell**, loss of the sense of smell. Sulph., Phos., Merc., Calc.

**Sneezing.** Merc., Ars., Ipeca., Natr. Mur.

**Somnambulism.** Acon., Bry., Sec., Bell.

**Sore Throat.** Alternate Acon. and Bell. every two hours as long as there is fever, redness and soreness of the tonsils, uvula or throat and pain in swallowing.

Later on give Bell. and Merc. alternately.

In case of ulceration, gangrene or abscess, and much swelling, alternate Hep. and Ars. together.

**Sore Nipples.** Acon., Bell., Cham., Merc., Hep., Sil. internally Arn. or Calend. lotion externally.

**Sores and ulcers.** Sil., Ars., Carbo., Lach. See Ulcers.

**Spermatorrhœa** or Seminal Emissions and consequences. Take at bedtime a pill of Sulphur; at rising a pill of Nux.; at about 10 A. M. a pill of Canth.; at about 4 P. M. a pill of China, for one day.

Next day take a pill of Calc. C. at bedtime, of Conium at rising, of Phos. at 10 A. M., of Phos. Ac. at 4 P. M. Continue this treatment for a month.

The second month take medicines only every second day, or three times a week.

The third month take medicines only twice a week.

The fourth month only once a week. The ailment requires long treatment, and daily cold baths help very much to cure the nervous prostration consequent on frequent losses.

**Splinters.** Have them extracted and use Arnica Lotion externally.

**Sprains.** Rub the sprained part frequently with Arn. M. T. or Rhus. M. T. and give Arn. or Rhus., or both alternately, every two hours internally.

**Sterility.** Calc., China, Puls., Nux., for a long period, each for 4 days, 4 times a day.

**Stiff Neck.** Bry., Rhus., Merc., Thuya, Calc., Nux.

**Stiff Limbs.** Acon., Bry., Rhus., Dulc.

**Stings of insects.** Extract the sting by pressing the hole of a watch key firmly over the injured part and then use Arnica or Apis internally and externally.

**Stye.** Give Puls. four times a day. When it has disappeared give a few doses of Sulph. morning and evening, to prevent a recurrence.

**Suffocation.** Ars., Bry., Ipeca.

**Sunstroke.** Throw cold water on the person and give him Acon. and Bell. alternately every  $\frac{1}{4}$  hour. Later on give Glonoin. and Nux. alternately.

**Suppression of Milk.** Puls., Calc., Bry., Bell.

" of Urine. Canth., Dig., Merc., Nux., Bell., Acon., Puls.

" of perspiration. Acon., Bry., Ars., Sil., Rhus.

**Sweat, excessive flow of.** Bry., China, Merc., Sambuc.

**Swelling, under the tongue.** Calc., Merc., Thuya.

" of the gums. Bell., Merc., Aur., Hep.

" of the face. Bell., Merc.

" of the eyes. Bell., Merc., Ars.

" of the belly or bowels. Bry., Merc. alt. Also Ars., Canth., Sulph.

" of the glands. Bell., Merc., Iod., Sulph., Coni.

" of the veins. Puls., Bell., Merc., Bry., Sulph.

" of the neck. Bell., Merc., Puls., Sulph.

" of the liver. Merc., Nux., Bry.

" of the legs or feet. Bell., Merc., China, Sulph.

" of the lungs or chest. Bry., Merc., Phos.

" of the tonsils. Merc., Bell., Canth., Ars.

" of the heart. Acon., Ars., Iod., Sulph., Canth.

" of the palate. Bell., Merc., Nux., Calcar.

" of the spleen. China, Ars.

" of the breast of infants. Cham., Bell., Merc., Hep.

" of the head of infants. Bell., Calc., Mero., Arn., Canth.

" of an articulation, joint. Puls., Bry., Iod., Sulph., Calc., Canth.

" of new born infants. Bell., Merc., Ars., Sulph.

" of the extremities. Ars., China, Silicea, Puls., Sulph.

**Syncosis.** A rough fig-like excrescence on the flesh. Thuya, Calc., Sil.

**Teething.** Give Acon. and Bell. alternately every half hour as long as there is fever, swollen gums, great restlessness, flushed face and convulsions.

Give Cham. when there is dry, wheezing cough and diarrhoea.



**Testicles.** Inflammation and swelling of the testicles, generally of one. Nux., Iod., Canth., Sulph., Merc., Sil., Puls. I have obtained several cures by the alternation of Nux., Iod. and Canth. In severe cases it is necessary to have the water tapped out first, and then to complete the cure by taking the above medicines. It is also good to anoint the swollen part with strong Iodine once a week, or to inject 5 drops of Iod. M. T. under the skin of the Scrotum.

**Tobacco habit** or nicotism. All those who suffer from the effects of tobacco, whether in the heart, the nerves, the stomach or the throat, should abstain from its use. Homœopathic medicines are of great importance to those who wish to break off the habit. In leaving off tobacco Nux Vom. 2x should be taken every 4 hours; and when the craving comes on a pillule of camphor should be chewed.

**Toothache.** Give Acon. if due to a cold.

Bell. if there is throbbing pain extending to the head, when the teeth are decayed and the pains are of a shooting character.

Cham. Toothache from cold, on one side only, extending to the eyes, ears and head, with burning, shooting, tearing pain, aggravated by cold and heat and motion.

Merc. when the pain extend to the ears and the neck, when the teeth feel too loose or too long, when the gums and face are swollen, when the pains are increased by heat and in bed, as also by cold and contact, and affect the bones or several teeth at the same time,

Ars. when the pain extends to the ear, cheek and head, is of an intermittent type, worse at night, and increased by cold and rest, and is of a burning character.

Puls. toothache due to cold, on one side only, or affecting several teeth, extending to the eyes, ears and head, with tearing, burning, shooting pain, increased by the heat of the bed, by cold, the wind and motion.

**Tremor,** Trembling, nervous. Nux., Sulph., Ars., Bell.

of drunkards. Nux., Opi., Ars., Lach.

**Tumours.** Calc., Thuja, Silicea.

**Tympanismus.** Excessive distension of the belly by gases. China, Opi., Carbo., Phos., Nux.

**Typhus Fever.** Typhus and Typhoid Fever. Till the doctor arrives:

Give Acon. and Bell. alternately as long as there is fever, thirst, redness of the face, violent headache, brilliant eyes, delirium and want of urine.

Give Acon. and Bry. alternately if there is violent headache, nausea, dry throat constipation, cold perspiration, lassitude, and stomachache.

Give Acon. and Ipeca. alternately in case of vomiting.

Later on the principal remedies are Ars. and Rhus. alternately, especially when there is great weakness, redness, anxiety, drowsiness, cold perspiration, burning thirst, heavy head, pain and stiffness in the nape of the neck and the back, dry, black cracked tongue, constant raving or muttering, delirium.

**Ulcers.** Give Bell. and Merc. alternately every three hours.

Give Ars. when there is burning pain and danger of gangrene.

Too much suppuration requires Hep. or Sil.

**Urine.** For retention of urine give spirits of Camphor, especially when due to a cold Dose: 5 drops on a little sugar. Acon. when there is fever, great pain, restlessness and inflammation. Nux. when due to stimulants. Bell. and Canth. are also good. Fo. incontinence of urine, give Cina when due to worms, Calc. C. in other cases, Sulph. when the disease is chronic.

For sediment in the urine, give Calc. C., Ars. and Canth. alternately four times a day, each for 3 days.

**Uvula**, swollen. Bell., Merc.

**Vaccination**, effects of, suppuration. Merc-Sol.

" fever. Acon.

" swelling. Apis.

" inflammation. Bell.

**Veins**, swollen. Bell. and Merc., or Bell. and Puls., alternately four times a day.

**Voice**, loss of. Bell., Merc., Arn., Acon., Phos., Carbo.

" trembling of the. Verat., Ars., Ign.

" stuttering, stammering. Opi., Arn., Bell., Plat.

**Vomiting**. Ipeca a dose after each attack is the chief remedy.

Nux. when there is constipation, vomiting of blood, black or bilious matter, and derangement of the liver.

Ars. when the vomiting is constant and accompanied by diarrhoea and burning pain.

Puls. when it is due to the eating of fatty food. A dose after each attack.

**Walking**, delay in children. Calc., Sil.

**Warts**. Thuya internally and externally. Also Sulph., Calc.

**Wasps**, Stings of. Arn. or Apis internally and externally.

**Weakness**. Debility. Nux., Ars., Puls., Calc., Ign.

**Wetting the Bed**. Canth., Acon., Nux., Bell. 5 drops of Mullein Oil at bed time on a little sugar.

**Whitlow**. Felon. Panaris. A collection of pus in the finger.

Alternate Bell. and Merc. together every two hours as long as it is closed. When near opening, and especially when there is burning pain, alternate Hep. and Ars. together every two hours.

**Wind**. Flatulence. Wind in the bowels or stomach. Nux., Carbo., China, Puls.

**Windpipe**, inflammation of. Bell., Merc., Puls., Sepia.

**Womb**, congestion of. Bell., Sabin., Merc-Sol., Puls., Sep.

" bleeding from. Sabin., Ipeca., Ham., Cham.

" induration of. Merc-Cor., Plat., Sil., Iod., Aur.

" irritability, neuralgia of. Acon., Bell., Plat.

" prolapsus or falling of. Bell., Arn., Sepia, Sec., Nux., Merc-Sol.

" spasms or colic of. Ign., Nux., Cham., Sec.

" ulceration of. Ars., Sep., Merc-Cor.

**Worms**. Cina, Merc., Natr. Phos., Sabad., Sil., Spig., Stannum.

**Wounds**. See Accidents.

**Yawning**, after meals. Lycop. or Nux.

" without sleepiness. Acon., Arn.

" very violent. Rhus.

" with eructations. Sulph.



## Information....

SHOULD any of the readers of this Guide to Health be unable to prescribe for themselves from the information here given, I and my assistants will gladly render service and give advice if they will but call at our pharmacy. Should they be unable to call in person we will answer all enquiries regarding treatment of diseases by mail. If you find that your case is a complicated one, and you derive no benefit from the medicines you have taken, do not hesitate to ask us regarding them, and we shall willingly solve the problem and assist nature in restoring you to health again.

Aug. Muller, S. J.,

*Manager,*

Homœopathic Poor Dispensary,

*Mangalore*

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N. B. *Prescriptions both in the Dispensary and by letter are given gratis to all, but it is expected that well-to-do patients after cure will make a small donation to the establishment.*

*Letters for prescriptions or advice should be accompanied by a stamp for reply.*

TELEGRAPHIC ADDRESS :—Father Muller, Mangalore.

ADDRESS LETTERS :—To Rev. Father Aug. Muller, S. J.,  
*P. O. Kankanady, Mangalore.*

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# THE BIOCHEMIC GUIDE TO HEALTH

TREATMENT OF DISEASES WITH THE TWELVE TISSUE  
REMEDIES ACCORDING TO THE BIOCHEMIC THEORY  
OF DR. SCHUESSLER, OF OLDENBERG,  
GERMANY.



PUBLISHED BY  
LUTYIES HOMŒOPATHIC PHARMACY  
306 NORTH BROADWAY  
ST. LOUIS

AND REPRINTED WITH A FEW ADDITIONS AT THE CODIALBAIL PRESS  
FOR THE MANAGER OF THE HOMŒOPATHIC POOR DISPENSARY MANGALORE,  
WITH DR. AUG. LUTYIES' PERMISSION.

# INTRODUCTION.

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THE word biochemistry means literally "life-chemistry," and is that branch of science which treats of the composition of living substances, and of the processes of their formation. In plainer language still, it is that branch of science which treats of the composition of the bodies of both animals and vegetables; the processes by which the various fluids and tissues are formed; the nature and causes of the abnormal condition called disease, and the restoration of health by supplying to the body the deficient substances, or cell-salts, the lack of which is the cause of disease.

The human body is composed of organic and inorganic matter. The inorganic matter composes about one-twentieth of the body, while the remainder is composed of water and organic substances.

This is not a mere theory, for chemical analysis has demonstrated that the body is composed principally of water, of organic matter, and of lime, potassium, sodium, iron and magnesium, and that these salts enter into the composition in their proper proportions of every cell of every tissue in the body. But the water and organic matter is inert and useless in the absence of the inorganic salts—lime, sodium, potassium, iron and magnesium. These salts are the *builders*, the *workmen* as it were, who *use* the organic matter—albumen, sugar, oil, fibrine and water—to build up the tissues. Without a proper supply of these builders (cell-salts) in the blood new tissue cannot be supplied as fast as the old decays, and it must be plainly seen that a lack of these workmen is the cause of disease.

The natural inference now would be that by supplying these lacking salts the body would be restored to its normal equilibrium or balance, and the disease cured. This is exactly the theory of Dr. Schnessler. He contends that all diseases originate from the loss of one or more of the tissue cell-salts, of which there are twelve in the human body. Supply these, and the disease is cured—the patient restored to health again. For instance, everyone knows that the blood contains iron (ferrum phos.), one of the tissue remedies. When the iron is lacking, we say the blood is thin; the patient is languid, feverish, restless, has no strength. We say he needs a tonic—iron (ferrum) in some form. Supply the iron to the blood and you cure him.

Again, we all know that the bones in the human body contain lime (calcareae). Very often small children are weak, nervous, cannot walk, and

have trouble in teething. Give the child some form of lime (calcareæ phos.), the substance which is lacking in the bone, and you give it the bone-strength which it needs, and it soon becomes a good healthy, strong, frolicking child once more.

These are two simple examples of the action of the Tissue Remedies.

These cell-salts are so prepared that they are pleasant to take, being put up in powder and small tablets, which dissolve at once and are immediately taken up into the circulation without causing the slightest effect upon the stomach. If the pains or symptoms be very severe the quickest results will be obtained by dissolving the medicine in hot water, and so administering until relief is obtained. The potency applicable in the majority of cases is the 3x. In chronic forms of disease, however, better results are obtained by using the higher potencies, 6x-12x.

The following are the names of the Twelve Tissue Remedies (cell-salts):

CALCAREA FLUOR.	KALI SULPH.
CALCAREA PHOS.	MAGNESIA PHOS.
CALCAREA SULPH.	NATRUM MUR.
FERRUM PHOS.	NATRUM PHOS.
KALI MUR.	NATRUM SULPH.
KALI PHOS.	SILICEA.

### Directions for taking Medicines.

In order to obtain the results claimed for Biochemic remedies, they must be procured fresh from a reliable pharmacy. We get ours from Dr. Aug. Luyties directly in large bottles of 20 ounces and then fill them into smaller phials. Domestic treatises do not make doctors, but they do enable any one to prescribe for most of the simple forms of disease, thus saving much suffering, besides time and money.

Under the principal diseases, we have given a few suggestions, which if carried out, will in conjunction with the indicated remedy, materially aid in hastening recovery.

The most appropriate time for taking medicines is, as a rule, on rising in the morning, at bedtime; and if oftener prescribed, about one-half hour before or two hours after a meal. Under no circumstances should a person be aroused from sleep to take medicine.

**THE DOSE** of all the remedies in all cases is the same:

**For an Adult**—As much of the powder as will lie on an 8-anna piece, or about 5 grains.

**For a Child**—one-half that quantity.

**For an Infant**—one-fourth that quantity.



# Diseases, their Symptoms and Treatment.

## ABSCESS.

**Ferrum Phos.**—In the inflammatory stage, for heat, pain and congestion.

**Kali Mur.**—Where there is swelling and before the pus forms, will often abort its formation.

**Silicea.**—After the pus has formed, causing the abscess to “ripen” and often break without surgical interference.

**Calcarea Sulph.**—After the abscess has fully discharged, this remedy will promote rapid healing.

**Calcarea Fluor.**—When the suppurative process affects the bones.

## SUGGESTIONS.

Poultices are valuable, relieving the pain and causing the pus formation to either hasten or to disperse. Use applications of hot water in conjunction with poultices. After the abscess has been opened and contents discharged, apply a lotion of *Calendula* (Luyties’), a teaspoonful of the tincture to three tablespoonsful of water, on cloths four or five times daily, which will cause the parts to heal quickly. The diet should consist of a liberal allowance of nourishing food.

## AGUE.

(INTERMITTENT FEVER).

**Natrum Sulph.**—Intermittent fever, in all its stages, requires this; the chief remedy for the bilious conditions.

**Ferrum Phos.**—For the fever, and when vomiting undigested food in alternation with the chief remedy *Natrum Sulph.*

**Kali Phos.**—When debility and profuse perspiration are present.

**Kali Mur.**—As an alternate remedy if the tongue has a thick-white or grayish-white coating.

**Natrum Mur.**—In intermittent fever, when there is great thirst and fever blisters around the lips; after the abuse of quinine.

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*The medical profession of America and Europe endorse Luyties' Schuessler Tissue Remedies.*



**Magnesia Phos.**—Intermittent fever, with cramps in the calves, alternately with *Natrum Sulph.*

**Natrum Phos.**—Vomiting of sour, acid fluids.

#### SUGGESTIONS.

Those subject to ague should not go out of doors in the evening or too early in the morning; not before breakfast at least. Fatigue should be avoided, also sitting in a draught of air. On the days of the chill a light diet should be adhered to. Between the spells gruel, arrowroot, sago or tapioca, with mutton or chicken broth, may be taken.

**Natrum Mur. cured after Quinine failed:**

Mr. L.; chills and fever for three months. Had quinine and other remedies Paroxysms every other day at 11 A. M., with severe pain in limbs and small of back; chill lasted nearly two hours, with no thirst during chill. Fever all the afternoon, with bursting headache and intense thirst for large quantities of cold water. Little or no perspiration; eats and sleeps well, and next day resumed his occupation. *Natrum Mur.* 3x, every four hours. Next chill light and no return.

(H. C. Allen, M. D.)

#### AMENORRHŒA.—*Chapman p. 42, 43.*

(SUPPRESSION OF THE MENSES.)

(SEE ALSO MENSTRUATION.)

Suppression of the menstrual flow frequently occurs from accidental causes, such as: powerful mental emotions, taking cold, getting the feet wet, faults of diet, etc. In other instances it may arise from some other disease of the system, such as consumption, etc., and can only be removed by the cure of the primary affection.

**Calcarea Phos.**—When the suppression arises from anæmia due to faults of diet. Gradual suppression, pale face, tired, languid, no ambition.

**Kali Phos.**—Suppression due to mental strain, exhausting occupation, etc. Depression of spirits, lassitude and general nervous debility. Tongue coated like stale, brown mustard, bad breath, bad taste.

**Kali Mur.**—Suppression due to taking cold, wet feet, etc. White coated tongue and general inactivity of the glandular system.

**Natrum Mur.**—Suppression due to anæmic conditions, with headache, dullness and sadness.

#### SUGGESTIONS.

If the secondary symptoms should be severe, other remedies may be found necessary in alternation with the remedy indicated for the suppression. For spasms, convulsions, etc., *Magnesia Phos.*; rush of blood to the head or chest, cold feet, etc., *Ferrum Phos.* In such cases the diet should

be very light, but in anæmic conditions without any severe symptoms the diet should be plain and nourishing. An occasional hot sitz-bath is beneficial to cause an engorgement of blood to the parts where needed. There should be plenty of out-door exercise without incurring fatigue.

## ANEMIA.

(LACK OF BLOOD.)

The cure of this condition consists in furnishing to the system, by a direct biochemic procedure, the lacking agents, or cell-salts, so the food may be properly digested and assimilated, thus making pure blood and building up wasted tissues.

**Calcareæ Phos.**—Anemia where nourishment is poor. After wasting or exhausting diseases. Face pale or greenish white, bloodless. Hands and feet cold.

**Ferrum Phos.**—After *Calcareæ Phos.* if there still appears to be a deficiency of red blood corpuscles, as this remedy has the power of attracting oxygen.

**Natrum Mur.**—Where the blood is thin and watery. Anemia in young girls when the menstrual flow does not appear, or is irregular. Skin has a dead, dirty look; constipation and sadness. In alternation with *Calcareæ Phos.*

**Kali Phos.**—Anemia from long continued mental strains and worry causing depression of the mind; weakness of back after exhausting diseases.

**Kali Mur.**—Where eczema, eruptions of the skin, etc. exist in connection with this condition.

**Natrum Phos.**—Anemia accompanied with indigestion, and acid risings, to aid in the proper assimilation of the food.

**Silicea.** Anemia in infants—where improperly nourished, thin, delicate and puny.

## SUGGESTIONS.

Exercise—riding, driving, walking, cycling—should be indulged in, with plenty of fresh air and sunlight. Good, nutritious food, including meat broths, oysters, fish, brown bread and milk preparations. A tepid bath, gradually changing to cold water, will be both beneficial and invigorating.

### **Calcareæ Phos. in Anemia of School Girls:**

Young lady, æt. 17, became anemic and chlorotic, after long continuance at school, becoming so debilitated that she could attend no longer; had no appetite and desired only to lie about the house, having no ambition to go anywhere or do anything. Her study made her head ache, and she had to give it up entirely; her menses were irregular;



absent for months, then a flow varying in quantity. I gave her *Calcareo Phos.* 3x, principal remedy, giving also, at times, *Ferrum Phos.* as well. After a few months she became well enough to resume her studies, and could walk anywhere she desired to go and her color improved. (C. T. M.)

## APTHAE.

(SORE MOUTH.)

**Kali Mur.**—Internally and externally as a wash, is the chief remedy. Chapman p. 48.

**Ferrum Phos.**—In thrush or sore mouth of little children and nursing mothers and when there is fever.

**Natrum Mur.**—Thrush, with profuse flow of saliva, after the abuse of mercurial preparations.

### SUGGESTIONS.

Strict cleanliness and an abundance of fresh air are essential. If the sore mouth be due to ill-health of the mother, the child should at once be provided with a suitable wet-nurse, artificial milk or weaned. Allow the child to suck a cloth three or four times a day which has been saturated in a thin solution of borax and honey is very beneficial.

## APOPLEXY.—Chapman p. 50.

Call in a Surgeon. Till he arrives give:

**Ferrum Phos.**—The chief remedy, for the congestion of the blood-vessels and to control the bleeding if rupture has taken place. Flushed livid or pale countenance; throbbing of the arteries and swelling of the veins of the head and neck. To prevent the attack or control it when it is on.

**Calcareo Fluor.**—In alternation with *Ferrum Phos.*, to contract the circular fibers of the blood-vessels; will prevent the attack if given at an early stage of the disease.

**Magnesia Phos.**—During the attack, if violent spasms of the muscles are present; in alternation with the chief remedy, *Ferrum Phos.*

**Kali Phos.**—During or before the attack, if there are symptoms of paralysis, sleeplessness, mental difficulty, etc. In alternation with *Ferrum Phos.*

**Natrum Sulph.**—Before the attack, when there is violent determination of blood to the head, or when bilious symptoms are present.

### SUGGESTIONS.

During the apoplectic fit the patient should be placed in a cool room, with the head raised; loosen the clothes about the neck and allow the feet and legs to hang down. Put the feet into warm water or apply friction by rubbing, hot water bottles, or anything to "force" the blood to the extre-

mities. The diet should be light and easily digested—such as toast and water, barley or rice-water may be given in small quantities.

During the attack the medicine should be given every few minutes.

## APPETITE—LOSS OF.

**Ferrum Phos.**—Loss of appetite with feverish condition.

**Natrum Phos.**—Loss of appetite with acid conditions; belchings of wind tasting sour; yellow, creamy coating on back part of the tongue.

**Calcarea Phos.**—Loss of appetite, when indigestion or poor assimilation is present. An excellent remedy to promote digestion, especially in anemic conditions.—Chapman p. 52.

**Kali Phos.**—Voracious appetite after typhoid fever or other wasting diseases, indicating a poor state of the blood. Hungry feeling after taking food. “Gone feeling” in the pit of the stomach.—Chapman p. 52.

## SUGGESTIONS.

Never force food upon a patient when the whole system rebels—tempt the appetite, if you wish, but to *make* Nature have what she does not wish, will often produce decided injury.

In prolonged diseases the *craving* of the system is a very sure indication of what the system needs, and given in small quantities will do no harm. The author has had patients sick with typhoid fever (whose bowels were discharging from ten to twenty times per day) who craved *green cucumbers*; and another who longed for *grapes and pears*, and yet made splendid recoveries under such diet. But care should be taken to distinguish between the true and false appetite, and not give sufficient of anything to overload the stomach or impair digestion.—Chapman p. 52.

### **Ferrum Phos. in Loss of Appetite:**

Sudden attacks of deathly sickness at the stomach, coming on at no particular time, even in sleep, and lasting one-half or one hour; appetite poor. *Ferrum Phos.* 3x, cured, and appetite became ravenous. (Raue.)

## ASTHMA.

### (LABORIOUS BREATHING.)

The causes of asthma are multitudinous, such as: congestion of blood to the chest; derangement of menstruation; breathing of dust; fits of passion; hysteria; suppressed catarrh; flatulency; suppression of piles; constitutional derangements, etc.—Chapman p. 52.

**Kali Phos.**—Is the *chief remedy for the breathing*; in large and frequent doses (3x). Nervous asthma; asthma from taking the least food; nervous system depressed.—Chapman p. 54.

32  
**Calcareo Phos.**—Bronchial asthma; expectoration clear and tough, or thick yellow. Child gets a suffocative attack on being lifted up from the cradle.

**Calcareo Fluor.**—When the expectoration consists of tiny yellow lumps of matter, raised with difficulty.—Chapman p. 54.

**Kali Sulph.**—Bronchial asthma, with light yellow sputa, loose and easily coughed up. Worse in warm room; in the evening or during summer time; better in cool air.—Chapman p. 54.

**Kali Mur.**—Asthma, when stomach derangements are present, white coated tongue, constipation and sluggish liver. Expectoration is thick, white, tough and hard to cough up.

**Natrum Mur.**—Asthma with expectorations of clear, frothy mucus, watery discharges from the eyes and nose.

**Magnesia Phos.**—Troublesome flatulence and constrictive feeling of the chest.

**Natrum Sulph.**—The remedy in asthma of young people, worse from damp weather, or wet surroundings; dirty greenish-gray, or brown coating on the tongue, with slime; bitter taste in the mouth, loose morning stools.

**Silicea.**—Difficult breathing, must be in the fresh air.

#### SUGGESTIONS.

During a fit of asthma great relief may be obtained by plunging the hands and feet into hot water. Coffee, as strong as it can be made and as hot as it can be taken, without sugar or milk, is very often of much service. Relief is often obtained by burning a piece of blotting paper, the size of the hand, previously saturated in a solution of saltpetre, and inhaling the fumes. Avoid heavy suppers, wet feet, damp clothes and sudden changes of temperature. Avoid pastry, highly-seasoned foods and stimulating beverages. The hours for meals should be fixed and rigidly adhered to.

#### **Kali Mur. in Asthma—A Complete Cure :**

A young gentleman, J. G., the son of a landed proprietor, had been subject to severe attacks of asthma for several years, and all the various usual remedies had failed. Shortly after commencing with the biochemic remedies, his sister writes: "My mother wishes me to say that she provided herself with a small store of the German remedies, and my youngest brother having an attack of asthma on Saturday and yesterday, tried *Kali Mur.* with, we are glad to say, *very* great success, relief having been experienced more quickly than by any other remedy he has tried. He goes abroad with my father and mother this week, and it is comforting to think he will have such a portable and effectual remedy in case of suffering." (From Schnessler.)



## BACKACHE.

**Silicea.**—Constant aching in centre of spine.

**Calcarea Fluor.**—Tired feeling and pains in lower part of the back, with a sensation of fullness, with constipation. Worse on beginning to move.

**Natrum Mur.**—Pains relieved by lying on something hard. Weak back, worse in the morning; great weakness and weariness.

**Natrum Sulph.**—Soreness up and down the spine; can lie only on the right side.

**Natrum Phos.**—Pains across small of back on awakening in morning.

**Calcarea Fluor. and Natrum Mur. in Backache of Plasterers:**

James H., æt. 29, plasterer, complained of having a severe backache, lasting sometimes only in the forenoon; at other times all night; could not bear to reach above his head for any length of time while at work, as it made him feel as if his back were bruised, as if it would break. Much better on working in front of him, and by constant motion; also by lying for a short time against the edge of his scaffolding. Neck stiff from looking above head. *Calcarea Fluor.*, 3x, and *Natrum Mur.*, 3x, were prescribed in alternation; a powder every other night for two weeks. Began to get better after taking two or three doses, and in a few weeks was completely relieved. (Chas. Wright, M. D.)

## BITES OF INSECTS.

**Natrum Mur.**—Externally and internally; apply a lotion of the remedy as soon as possible, or moisten the spot and rub in the dry trituration; it generally relieves the pain very quickly.

## BILIOUSNESS.

**Kali Mur.**—Biliousness with white or grayish-white coated tongue; light colored stools; pains under right shoulder blade.

**Natrum Sulph.**—Bilious attacks from excessive study or mental over-work.

## BOILS.

(SEE ABSCESS.)

**Ferrum Phos.**—In the inflammatory stage, for heat, pain, congestion and fever; will often abort suppuration.

**Silicea.**—When pus has commenced to form, this remedy assists and hastens the suppuration, causing the boil to "ripen" and break without surgical interference.

## SUGGESTIONS.

As soon as the swelling points, a poultice of flax seed or bread and milk should be applied and frequently changed. This will bring them rapidly

to a "head," and cause the core to be discharged. In persons subject to boils a correct diet, cleanliness and open-air exercise will do much toward removing the causes.

#### Other Remedies had only Failed :

A young man 23 years of age consulted me regarding a "crop" of boils. They were situated on the back and buttocks, some were small, tense, greatly inflamed and very painful ; others, which had further progressed, were on the point of breaking ; had consulted a number of physicians, having had them periodically for some eight months with little or no relief. Poultices and internal treatment caused them to be cured apparently, only to have them reappear in greater severity. His sleep was somewhat disturbed, and he had an almost constant thirst, with chilly feelings. I prescribed *Silicea*, 6x. a dose night and morning. In two weeks the eruption had nearly completely disappeared, the abnormal thirst had left him, slept well, and the chilly feeling gone. Continued treatment two weeks longer. He reported to me a few months later that he had no return of the boils, and was perfectly well in every respect. This is but another brilliant demonstration of the value of the tissue remedies.

(J. B. Davis, M. D.)

### BONES, DISEASES OF.—*Chapman p. 59.*

The causes of bone diseases are many, but it is not necessary to enumerate them here, as they will appear under separate heads, such as Rickets Hip Disease, etc.

For the better understanding of the treatment of this class of diseases the author deems it advisable to group the applicable cell-salts under a separate and distinct heading.

**Calcarea Phos.**—This is the great remedy in bone diseases, as the phosphate of lime so largely predominates in bone structure. When the bones are weak and soft, *Calcarea Phos.* will strengthen them. Fractures to aid in uniting the broken parts. Bow-legs in children; rickets; spinal curvature, etc. Intercurrently in all bone diseases.

**Silicea.**—Is indicated in many diseases of the bones, the chief symptom calling for its use being a thick, yellow, offensive, mattery discharge. Ulceration of the bones; hip-joint disease, etc. All discharges are very offensive.

**Calcarea Sulph.**—The indications for *Calcarea Sulph.* are very similar to those of *Silicea*, except that the discharges are tinged or streaked with blood. *Calcarea Sulph.* restrains the discharge.

**Calcarea Fluor.**—Exudations from the bone, forming hard, rough elevations on the bone. Bruises on the bone, with hard lumps. Catarrhal affections when the nasal bones are affected, bad odor; blood tumours on the heads of new-born children. Ulcerations of the bones, intercurrently

**Kali Phos.**—Wasting or atrophy of the bones, when foul diarrhoea is present.

**Ferrum Phos.**—In all bone diseases, for the first or inflammatory conditions, affecting the soft parts or covering of the bone. In alternation with the remedy indicated by the discharge, etc.

**The Bone United Quickly :**

Gentleman, aged 60. Had a fracture of the femur. It remained movable, in spite of great care. After two months, *Calcareæ Phos.*, 6x, was given, at first every night, then every second night. At once the fracture grew firm and he was soon well.

(J. C. Morgan, M. D.)

**This Child Soon Walked :**

Child, three years old. Was unable to stand alone; bones soft. Fontanels still open. Teeth poorly developed. Prescribed *Natrum Mur.* and *Calcareæ Phos.*, to be taken in alternation. Several weeks later I heard from the child. It was beginning to walk; fontanels closing up, and rapidly gaining in strength. The parents were delighted.

**Silicea Produced Improvement at Once :**

Child, aged 3 years. Had disease of the bone of the finger of the left hand, midway between the knuckle and the next joint. There was a slight whitish discharge, and the flesh was much swollen and discolored at the place, causing the finger to present a very unpleasant appearance. A physician had advised amputation, but the family objected. Gave her *Silicea*, 6x, in solution, which produced improvement at once and in a few weeks cured the case.

(C. T. M.)

**Amputation Prevented by Silicea :**

Young girl, aged 14. *Silicea* saved her foot from amputation; she had had bone disease for a long time. Her medical man made arrangements with a specialist to take the foot off. Her friends were greatly distressed and asked my help. *Silicea*, a dose every hour, and a lotion on lint applied externally. On the fifth day the improvement was so marked that the amputation was abandoned. She continued the treatment a short time, and her case was pronounced perfectly cured.

(Dr. M. D. Walker.)

**Calcareæ Fluor. in Bony Growths :**

Dr. C. F. Nichols reports a number of hard, bony growths cured and benefited by *Calcareæ Fluor.*, 12x. (Organon, 1880.)

**BRAIN-FAG.**

**Calc. Phos.**—Nervous prostration, with depression of spirits; profuse night-sweats; pale, wan and emaciated countenance; loss of virile power; habitual coldness and venous congestion of the extremities from debility, sleeplessness and loss of appetite; numb sensations.

**Silicea.**—Confusion, difficulty of fixing attention. Yielding and anxious mood. Reading and writing fatigues; cannot bear to think. Sense of great debility, but patient can arouse himself; has grit, but soon tires and is compelled to rest.



**Kali Phos.**—To restore lost nervous energy. Covers the whole field of neurasthenia.

**Natr. Mur.**—With sleeplessness, gloomy forebodings, exhaustion, after talking; embarrassment of the brain.

## BREAST, ABSCESS OF.

(SEE ABSCESS FOR TREATMENT.)

## BRONCHITIS.

(BRONCHIAL CATARRH.)

**Ferrum Phos.**—The remedy in the beginning for the fever, heat, pain and congestion; short, painful cough; breathing short and oppressive; no expectoration.

**Kali Mur.**—When the expectoration is thick, white, tenacious phlegm with white or grayish-white coating on the tongue.

**Kali Sulph.**—When the expectoration is light yellow, watery and profuse.

**Silicea.**—Thick, yellow, heavy expectoration. Cough worse from cold drinks.

**Natrum Mur.**—Acute Bronchitis with expectorations of clear, watery, frothy phlegm, loose, and rattling and coughed up with difficulty.

**Natrum Sulph.**—Expectoration causes soreness or chafing. Patient must hold his chest in coughing; worse in cold, damp, rainy weather.

## SUGGESTIONS.

The diet should be light and liquid, including barley water, gruel, jellies, beef tea, etc. Free perspiration may be brought about by extra blankets and frequent draughts of water. The temperature of the room should be about 70° Fahr., and kept *moist* by the evaporation of vessels of hot water around the room. In severe cases hot poultices applied over the chest are valuable. In cases of children left feeble after the disease cod-liver oil should be given.

### Kali Mur. and Ferrum Phos. in Chronic Bronchitis :

Archibald Herbert, suffering from chronic bronchitis, had an attack of pneumonia. An iron moulder by trade, he was exposed to great heat; he had laid down on a form in a state of perspiration, took a severe chill, and inflammation in the right lung set in. His case was a bad one, complicated by bronchial affection; fever high; cough distressing; a pain, deep-seated in the right side; expectoration tenacious, rusty-colored. *Ferrum Phos.*, in alternation with *Kali Mur.*, a dose every half hour was taken for twenty-four hours, then every hour. For his prostration and sleeplessness, a few doses of *Kali Phos.* were taken now and then. The improvement every way was very marked in two days. As the color of the sputa changed to yellow, he took *Kali Sulph.* instead of *Kali Mur.*; and as this condition was remedied, *Natrum Mur.* and *Calcarea Phos.* completed the cure in little more than ten days. (Chas. P. Jones, M. D.)

## BRUISES, SPRAINS, WOUNDS, ETC.

Wounds, bruises, cuts, etc., frequently occur through accident, and should receive immediate attention. If taken in time, after-effects will not occur.

**Ferrum Phos.**—Is the first remedy in cuts, wounds, bruises, sprains, lacerations, etc. It should be given at once and applied locally till the pain and inflammation has subsided.

**Kali Mur.**—In the second stage, when there is swelling, etc.

**Kali Sulph.**—When after neglected cases there is discharge of thin yellowish matter—noticed in the third stage of inflammation.

**Silicea.**—When there is thick, heavy pus discharging.

### SUGGESTIONS.

*Ferrum Phos.* should be used as soon as possible in all injuries to the tissues. In wounds, bruises, etc., the *phosphate of iron* is required in excess in order to repair the damage; there not being enough in the blood to supply the extra demand. Nature forces more blood to the part, and an engorgement results. When *Ferrum Phos.* is added to the blood it supplies the apparent deficiency and prevents the engorgement. The best method of applying the remedies locally is to put a small quantity in water and apply with soft linen cloths. In strains or sprains, perfect quiet must be observed.

#### A Bad Cut Heals Readily :

Mr. W. cut his finger on a piece of glass ; the cut went to the bone and was quite large. *Ferrum Phos.* applied immediately, and in three days nothing but a scar remained. The pain ceased as soon as the remedy was applied.

## BURNS AND SCALDS.—*Chapman p. 66.*

The cause and symptoms are apparent, therefore it will not be necessary to mention them here.

**Ferrum Phos.**—The first remedy, in solution, applied locally, low trituration, for the pain, heat, redness, etc.; also internally. When the severe pain has ceased, follow with *Kali Mur.*, the chief remedy to restore tissue.

**Kali Mur.**—This is the chief remedy to restore the burned tissue; should be applied locally and given internally as soon as the severe pains have stopped. Moisten lint with a strong solution of the remedy, and apply frequently without removing the lint.

**Calcarea Sulph.**—When after *Kali Mur.*, or in neglected cases, there is suppuration, *Calcarea Sulph.* should be given.

**Natrum Phos.**—Is beneficial in some cases where there is a creamy, golden-yellow discharge.

### SUGGESTIONS.

In slight burns or scalds, the injured part should be held for a couple of minutes to the fire; the temporary increase of pain will be amply repaid by the prevention of future suffering and annoyance.

In severe cases, however, it will be necessary to apply the remedy immediately. It is very essential in cases of burns and scalds to exclude the air from the wound as quickly as possible, therefore lint should be used and the medicine applied without removing. In severe cases, constitutional treatment must be resorted to, as the symptoms arise. The diet must be light, such as is applicable to fevers and inflammations in general.

## CARBUNCLES.

(SEE ABSCESS.)

**Ferrum Phos.**—In the inflammatory stage of carbuncles, for the heat, pain, congestion and fever; will often abort suppuration.

**Kali Mur.**—In the second stage, before the pus has formed, should be given steadily in alternation with *Ferrum Phos.*, to prevent suppuration.

**Silicea.**—This is the chief remedy when the tissues have begun to break down, hastening the suppurative process, and aiding in the rapid formation of new tissue.

### SUGGESTIONS.

Early applications of hot water followed by a linseed or bread-and-milk poultice will relieve the pain and hasten the cure. Bathe in diluted carbolic acid and water (ten drops of the acid to the pint of water), which thoroughly disinfects the parts. Keep the tissues *clean*. The diet should be nourishing and include cod-liver oil, essence of beef, chicken broth, etc. In cases where there is great debility a brandy and egg mixture is generally good.

## CATARRH.

**Ferrum Phos.**—In the first or inflammatory stage of cold in the head.

**Kali Mur.**—Discharges of white, thick tenacious phlegm; stuffy sensations, with white or grayish coated tongue.

**Natrum Mur.**—Watery, transparent discharges; bronchial catarrh with frothy mucus, sneezing.

**Calcarea Phos.**—In chronic catarrhs and in anemic persons; discharges transparent, like white of an egg.

**Kali Sulph.**—Secretions thin, yellow and slimy; skin is dry and hot; worse in warm room.

**Calcarea Fluor.**—Stuffy cold or dry coryza; nasal bones diseased with very offensive odor.

**Calcarea Sulph.**—Thick, yellow, mattery discharges, mixed with blood.

**Magnesia Phos.**—Loss of the sense of smell; alternate dry and loose colds.

**Silicea.**—Fetid, offensive discharges from the nose, excessive chronic dryness of the edges of the nostrils; itching of the tip of the nose.

### SUGGESTIONS.

A simple and good treatment for catarrh, where the nasal bones have not become involved, is common salt. A teaspoonful of salt to a quart of water should be used to wash away all discharges. It can be snuffed up the nose from the palm of the hand, or, what is better still, put solution in a vessel suspended about three feet above the head. A piece of rubber tubing four or five feet long, one end dropped in the vessel; suck on the other end, and as the fluid flows, open the mouth and place the tube in the nostril. The fluid will then run through the nose and out of the other nostril, removing all matter and rendering the tissues thoroughly clean.

**Kali Sulph. restored the Senses of Taste and Smell:**

Case of thick, yellow, offensive catarrh, with watery discharge; has been affected with it for eighteen months; has lost taste and smell; left nostril worse. Catamenia occurs every three weeks. Takes cold very easily; still-born child three years ago. Give three doses of *Kali Sulph.*, 3x, in water, to be taken once a week. In one month reported catarrh entirely well; has regained much of lost senses of taste and smell. (W. P. Wesselhoeft, M. D.)

### CHICKEN-POX.

**Ferr. Phos.**—For the febrile conditions connected with this disease, alternated with the remedy indicated by the tongue or eruption.

**Kali Mur.**—Second stage, with white or grayish white coated tongue.

**Natr. Mur.**—With corresponding watery symptoms, drowsiness, stupor, etc.

**Calc. Sulph.**—When the nature of the eruption indicates this remedy.

### CHOLERA INFANTUM.

(SEE DIARRHŒA.)

**Ferrum Phos., 3x, in Cholera Infantum:**

Mary B., 18 months old; green, watery stools, mixed with mucus, every few minutes, producing great weakness and emaciation. She rolled her head about as if it was too heavy; eyes half open; constant moaning or starting up in sleep; pulse rapid; respirations accelerated; complexion of a dirty, white appearance; watery vomit. *Ferrum Phos.*, 3x, in hot water every hour for six or eight, then *Calcarea Phos.* in alternation, every hour, cured the case completely in less than two weeks. (Dr. Chapman.)



## CHOLERA MORBUS.

**Magnesia Phos.**—Cramps in the bowels and limbs; vomiting and watery diarrhoea.

**Kali Sulph.**—Yellow, watery stools, with cramps in the bowels.

**Kali Phos.**—Foul smelling, putrid discharges from the bowels; evacuations look like rice-water; great exhaustion and depression; abdominal pains.

### A Severe Case of Cholera Morbus Promptly Checked:

I was called to see a child 6 years old, suffering with cholera morbus. The child had copious diarrhoea, yellow, slimy, watery, attended with severe cramps and much straining after stool; vomiting of bilious matter becoming later but water, with retchings. As the case progressed the child became very weak, pulse slow, extremities cold, body covered with a cold, clammy perspiration. I prescribed *Kali Sulph.*, 3x, in hot water every fifteen minutes. In about two hours the child showed marked improvement in every way, and rapidly went on to recovery. (Frank B. Smith, M. D.)

## CHOLERA.—*Chapman p. 76.*

Cholera generally commences with a sudden feeling of nausea and griping, followed by purging and vomiting; severe cases are accompanied with coldness of the body and the extremities; anxious and hurried breathing, excessive thirst, cramping in the limbs, griping of the bowels, shrinking of the features, hollow eyes, pulse weak, sometimes almost imperceptible. The discharges from the bowels are thin, watery, and fetid, or bilious, sometimes accompanied with dark, bilious vomiting and straining. The symptoms of Asiatic cholera include the above symptoms in a much more aggravated form. There is also dizziness, headache, ringing in the ears, flatulence of the stomach, griping pains, loss of strength, etc. In severe cases, the patient falls senseless to the ground, as if struck.

In many instances the first symptom is diarrhoea, which, if neglected soon becomes associated with vomiting, severe colic, cramps or convulsions and the whole skin frequently becomes of a blue color. The subjoined treatment is applicable to all cases of this dread disease.

**Ferrum Phos.**—For the febrile (fever) symptoms and vascular disturbances, in alternation with the chief remedy.

**Kali Phos.**—High fever and stupor. Is the chief remedy for the putrid conditions. Collapse, with livid, bluish countenance and low pulse. Stools have the appearance of rice-water, very offensive.

**Magnesia Phos.**—Cramps of the bowels and limbs in cholera; convulsions, vomiting and watery diarrhoea.



**Natrum Sulph.**—As a preventive and during the course of the disease, to take up the excess of water in the blood.

**Kali Sulph.**—Is frequently necessary in alternation with *Ferrum Phos.*, at the commencement of the disease, to promote perspiration.

**Natrum Mur.**—May be needed in the course of the disease, when there are present low delirium, mutterings, etc. in alternation with other remedies.

### SUGGESTIONS.

*Ferrum Phos.*, *Kali Phos.* and *Magnesia Phos.* are the principal remedies, and should be given in combination or alternation every five minutes, if the case is severe.

The patient should drink hot water, and plenty of it, to aid *Magnesia Phos.* to relax the muscular system and wash the tissues. A copious injection of *hot* water should be given quite frequently till relief is obtained. The application of heat or friction to the limbs, or putting the patient in a bath of hot water, is beneficial. Cold water drinks and injections have been recommended by some authors, but I have never made use of them. Nourishment must be light, when the patient begins to improve, and must be given in very small quantities, in order not to irritate the bowels, which is liable to cause a relapse. Such food as sago, arrow-root, cocoa, chicken-broth or beef-tea, etc., should be used and cautiously increased as the patient gathers strength.

### COLD IN THE HEAD.

(SEE CATARRH).

**Ferrum Phos.**—First stage of cold; congestion of nasal mucus membranes; smarting in nasal passages in persons predisposed to taking cold.

**Natrum Mur.**—Watery, transparent, frothy discharges, nose-bleed when stooping or coughing; loss of sense of smell.

**Calcarea Sulph.**—Thick, yellow mattery discharges, tinged with blood.

### Took Cold at Every Change in the Weather:

I prescribed recently for an elderly gentleman who took cold at every change of the weather; had been predisposed to this for some two years, and treated with other physicians and patent catarrhal preparations without deriving much benefit. He came to me in the first stage. The mucus membranes were much congested, with smarting. I gave him *Ferrum Phos.*, 3x, three tablets every two hours, to be taken for two days. He called at the end of that time with a typically developed *Natrum Mur.* cold. There was a watery, transparent, frothy discharge, and almost complete loss of the sense of smell. *Natrum Mur.*, 6x, three tablets every hour was given him. He came back in a few days much better, and in a week was well. Saw the gentleman about seven months later, and he stated that the predisposition to taking cold had gone entirely. (H. B. Schreiner, M. D.)

## COLIC.

**Magnesia Phos.**—Colic of infants with drawing up of the legs. Flatulent colic eased by heat or belching.

**Natrum Sulph.**—Bilious colic, with vomiting of bile; bitter taste in mouth, greenish-brown coating on root of tongue; lead colic.

**Natrum Phos.**—Colic of children with worms; green, sour-smelling stools, and vomiting of curdled milk.

**Ferrum Phos.**—Colic at the menstrual period with heat and quick pulse.

**Kali Sulph.**—Colic, with ineffectual urging to stool, abdomen feels cold; gas from bowels smells like sulphur.

## SUGGESTIONS.

Hot flannels over the abdomen give relief. Vegetables and all foods which have been found to disagree should be avoided. Persons subject to colic may be benefited by wearing a piece of flannel around the abdomen and having the feet well protected from dampness.

### **Magnesia Phos. and Natrum Sulph. for Bilious Colic:**

Another case was that of a lady with bilious colic. I was sent for in the night, and for particular reasons did not go. I, however, sent what I thought would relieve her. Early in the morning her husband was again at my office, saying she was no better, but suffering terribly. I gave him a different remedy, to be administered until I could get there. About half past nine I arrived at the house and found her still suffering excruciating pains. Ascertaining that she had vomited bile and had a very bitter taste in her mouth all the time, I administered *Magnesia Phos.* and *Natrum Sulph.* in alternation. In a short time after taking, she said she was considerably relieved for the first time since eleven o'clock in the night. In about five minutes she had a free movement of the bowels and she continued to improve, and was up and about the next morning.

(Rudolph Van Roemer, M. D.)

## CONSTIPATION.

**Kali Mur.**—Constipation with light-colored stools; white or grayish-white coated tongue; fatty food and pastry disagree.

**Natrum Mur.**—Dryness of the bowels, with watery eyes, watery vomit etc. Dull, heavy headache; hard, dry stools difficult to pass; torn, smarting feelings after stool.

**Natrum Sulph.**—Hard, knotty stools, sometimes streaked with blood. Difficult to expel soft stools.

**Silicea.**—Feces recede after being partly expelled. Constipation of poorly-nourished children.

## SUGGESTIONS.

Meals should be taken regularly; animal food eaten sparingly, but ripe fruits and vegetables freely; brown bread is preferable to white; all food should be thoroughly masticated; spirituous liquors, highly seasoned food and late suppers should be avoided. Morning walks good; kneading the abdomen with the hands is frequently of great utility; observe regular habits as regards the hour of attending to the calls of nature. In obstinate cases, where the bowels have become occluded by hardened matter, injections of hot water will give almost immediate relief, and is far preferable to strong drugs, which only excite violent action and leave the bowels in worse condition than formerly.

### **Kali Mur. in Constipation from Sedentary Habits:**

Mr. K. aet. 39, has been constipated for several weeks, owing to sedentary habits; a movement of the bowels would not occur unless an injection or heavy cathartic was taken. Stools hard, small and difficult to expel. Diagnosed torpid liver and deficiency of bile; prescribed *Kali Mur.*, 6x., a ten grain powder each evening: next morning there was a natural evacuation, and by continuing the remedy satisfactory results were obtained. (J. B. Chapman, M. D.).

## CONSUMPTION.—*Chapman p. 90.*

### CHIEF SYMPTOMS.

The patient is usually thin, and in the later stages greatly emaciated; cheeks hollow; night-sweats; hectic flush on one or both cheeks; hollow chested; stoop-shouldered; constipation; poor digestion, and sometimes loss of appetite. There is generally a hollow or racking cough, which is worse in the morning; the mucus raised varies in color and consistency, according to the stage of the disease, at first being albuminous, but in the later stage assuming a thick, mattery or frothy form. There are frequent flashes of heat, and at times haemorrhage from the lungs, but this is not, necessarily, a symptom of consumption.

**Ferrum Phos.**—For the febrile symptoms, fever, flushed face; short and oppressed breathing; dry, tickling cough; pain in the chest; bleeding from the lungs; expectoration streaked with blood, etc.

**Calcarea Phos.**—In incipient consumption, for weakness, emaciation, expectoration of albuminous matter, chronic, bronchial cough. Intercurrently in all cases, to rebuild wasted tissue; poor digestion; excessive perspiration.

**Silicea.**—An important remedy in this disease. Profuse night-sweats, foot-sweats, constipation. Loose and rattling cough, with profuse expectoration of thick, greenish-yellow, fetid pus. Hectic fever; soles of feet burn; sweet, insipid taste in the mouth, and loss of appetite.

**Calcareo Sulph.**—Easy expectoration of mattery pus, sometimes mixed with blood.

**Kali Sulph.**—Expectoration of thin, yellow mucus, which frequently slips back into the throat and is swallowed; dry and harsh skin, after fever, etc.

**Kali Mur.**—Expectoration thick, white; white or grayish-white coating on the tongue.

**Natrum Mur.**—Expectoration loose, rattling, watery, clear and frothy and sometimes bloody. In hæmorrhage, large doses, alternate with *Ferr. Phos.* General weakness after exertion. Patient worse in salty atmosphere. Chronic cough with frothy sputa.

**Kali Phos.**—Shortness of breath, prostration, putrid sputa, palpitation and irregular action of the heart.

**Natrum Sulph.**—For bilious symptoms, should they be present.

### SUGGESTIONS.

Patients afflicted with this disease should live in a pure, dry atmosphere rich with oxygen. They should live as much as possible in the open air and have their sleeping apartments well ventilated. Many physicians advocate "shutting out the impure night air," but my experience is to the contrary. "Night air," although not so good as day air, is far preferable to the pure air of a closed bed-chamber. "Night air," at least, contains oxygen, which is so necessary for a consumptive patient. Oxygen is more readily absorbed by the system when in repose than when active. Poorly ventilated rooms are deficient in oxygen, but rich in noxious gases, which are deadly to the system. Consumptive patients are greatly benefited by camping out in the mountains and sleeping in the open air. *Draughts* of air and constant catching cold should be avoided.

For the bowel symptoms *copious* injections of hot water, three times a week, are beneficial.

The diet should be light, easily digested, but nourishing. Eat several times per day, but never overload the stomach. Cream, carbonaceous food, cod-liver oil, etc., is good for the excessive emaciation and to "oil" the tissues. Take frequent, but very light exercise, and sleep on a *straight* hard bed. At intervals take deep, long breaths to thoroughly oxygenate the lungs.

The medicine must be continued faithfully, even after the acute symptoms have disappeared.



## COUGH.

**Kali Mur.**—Loud, noisy, stomach cough, with expectoration of thick, milky white, tough phlegm. Croupy, hard cough. White or grayish white covered tongue.

**Ferrum Phos.**—Short, acute, painful cough, with soreness in the lungs; tickling in the throat.

**Magnesia Phos.**—Paroxysms of coughing, spasmodic; without expectoration, lungs feel sore and painful.

**Kali Sulph.**—Cough with yellow, slimy expectorations. Hard, hoarse cough, with weary feeling in the throat. Always worse in a warm room or in the evening; better in cool, open air.

**Natrum Sulph.**—Sensation of all-goneness in the chest; thick, ropy, yellow-green expectoration.

**Silicea.**—Morning coughs of consumptives; cough from cold drinks; sputa has offensive odor; thick, profuse, yellowish-green, mattery expectoration.

**Natrum Mur.**—Expectorations thin and watery, tasting salty; chronic coughs.

### Magnesia Phos. in Spasmodic Cough:

Dr. F. W. Southworth reports two cases of spasmodic cough promptly relieved by *Magnesia Phos.*, 3x, the leading indications being its spasmodic character, worse on lying down at night, and on breathing cold air; better on sitting up; tightness across the chest. The second case had spurting of urine when coughing.

## CRAMPS.—*Chapman p. 98.*

**Magnesia Phos.**—Is the remedy for all kinds of cramps; it should be given in hot water, and very frequently when severe. *Calcarea Phos.*, being closely related to *Magnesia Phos.*, often follows that salt when it fails to give relief. It is good practice to give the two salts in alternation, when the diagnosis is uncertain.

## SUGGESTIONS.

During a paroxysm of cramp, the best mode of relieving the pain is said to be by firm pressure of the part or by pressing the foot against the bedstead or any other object. Pulling the limb steadily has worked some wonderful cures in my hands. A most novel procedure for the radical and "infallible" cure of cramps comes from England, the author's name having slipped from my memory. The cure consists, simply, of placing a common metallic door-key in the foot of the bed. It is worthy of a trial, as it comes from high authority and is based upon the therapeutical fact that metallic iron is a remedy for cramps.



## CROUP.

**Kali Mur.**—The principal remedy in croup, for membranous exudation.

**Ferrum Phos.**—For the fever, hurried and oppressed breathing.

**Kali Phos.**—When treatment is delayed too long, and there is danger of collapse. Nervous prostration, pale, livid countenance. Alternate with *Kali Mur.*

### SUGGESTIONS.

During an attack water is about all that can be given, and may be in small quantities. During recovery beef tea, milk and water and gruel may be given. In cases of delicate children, or where great weakness suddenly occurs during the course of the disease, support the patient with the essence of beef at regular intervals and in small quantities. Children should be constantly guarded against taking cold and being in damp places.

#### A Few Doses Removed the Croup:

W. B., a boy aged 7, took false croup whenever there was a sharp, keen north-east wind, having had a few years before a severe attack of true croup. The nights especially were very restless, with much coughing, rough and hard, alarming his parents very much. Dry heat and great oppression were present. I gave him a dose of *Kali Mur.*, 3x, every hour. After a few doses the cough became loose, lost the barking sound, and that night he slept quietly, and next morning was quite well and about in a lively manner. In seven or eight doses were taken in all, and after four months there has been no return of the trouble. (S. J. Holmes, M. D.)

## DEBILITY.—*Chapman p. 102.*

(LACK OF STRENGTH.)

Debility is generally due to some weakening disease or inherited weakness from the parent. Biochemically, it is due to a deficiency of some of the phosphates of the blood. It is frequently associated with anemic or chlorotic conditions, or disturbance of the digestive functions. *Calcium Phos.* is the principal remedy in this disease, and will generally be all that is needed to effect a cure. Should there be nervous or mental symptoms or languor, *Kali Phos.* should be given. *Natrum Mur.* should be considered if chlorosis is present. If there are gastric disturbances, see the article under that head. Cold morning baths, followed by brisk rubbing, is beneficial. The diet should be carefully watched, proper out-door exercise taken, and regular hours observed.

## DELIRIUM TREMENS.—*Chapman p. 103.*

**Natrum Mur.**—Is the chief remedy for this disease, to control the proper distribution of water. Low muttering; wandering delirium; frothy bubbles of saliva on the tongue. Alternate with *Kali Phos.*, to restore the nerve functions.

**Kali Phos.**—For the fear, sleeplessness, restlessness and suspiciousness; rambling talk; horrors; sees imaginary objects. Alternate with *Natrum Mur.*

## DIARRHŒA.

**Ferrum Phos.**—Diarrhœas with watery, frequent stools, fever and thirst. Diarrhœa caused by a chill with undigested foods.

**Natrum Phos.**—Sour-smelling, green stools. Diarrhœa of teething children, often associated with worms. Summer diarrhœa, from eating unripe fruit.

**Calcarea Phos.**—Diarrhœas of infants and larger children caused by poor digestion. Stools hot, watery, offensive, profuse and sputtering.

**Kali Mur.**—Diarrhœa with pale-yellow, clay-colored stools; after eating rich, fatty foods. Bloody or slimy stools.

**Kali Phos.**—Foul-smelling discharges; evacuations look like rice water. Depression and exhaustion.

**Natrum Sulph.**—Chronic diarrhœa, with loose morning stools; worse in damp or wet weather.

**Silicea.**—Infantile diarrhœa, offensive, sour perspiration on the head, with hard, hot distended abdomen.

## SUGGESTIONS.

Food should consist of gruel, rice, tapioca and substances of a similar nature. Avoid beef, pork and veal. Mucilaginous drinks, as barley water, gum water, linseed tea, etc., are very suitable. Milk and lime water is also highly recommended. Keep extremities warm and avoid exposure to damp and cold. Hot flannels over the abdomen are beneficial during the griping pains. Night air and late hours predispose to an attack.

### **Natrum Sulph. in Chronic Diarrhœa, Morning Aggravation :**

Dr. T. F. Allen cured a case of chronic diarrhœa in an old lady, with morning aggravation on beginning to move, with *Natrum Sulph.*, 3x. He also adds: "It has served me well in the treatment of chronic diarrhœa of long standing, characterized by profuse gushing stools early in the morning; the character of stool found in a greater or less extent under all natrum salts. It seems as well to suit catarrhs generally of mucus membranes characterized by a tendency to profuse secretion of mucus."

## DROPSY.—*Chapman p. 112.*

Dropsy, as it progresses, may take on many forms and give rise to numerous symptoms. But an almost infallible sign of dropsy is by pressing the finger-point firmly on the swelling and holding for a moment—a slight depression or dent will be left, which disappears slowly, if water be present. This dent cannot be made in an ordinary swelling. The dropsical swelling

may be situated in the hands and feet, the whole of the lower limbs, the chest, the belly or all over the body and limbs. At times it is very slight, but frequently assumes immense proportions.

**Kali Mur.**—General dropsy, whether arising from heart, liver or kidneys, when the liquid drawn off is whitish; white-coated tongue; swollen parts have a snowy-white, shining appearance. Dropsy from obstruction of the bile-ducts, indicated by white tongue.

**Natrum Sulph.**—The *chief remedy* in dropsy, to carry off the excess of water. Simple dropsy in any of the tissues of the body, internal or external. Give in alternation with other remedies, or intercurrently in all cases of dropsy.

**Natrum Mur.**—Alternate with *Natrum Sulph.*, to restore the distribution of water in the system. The tongue will have a clear, watery, frothy appearance.

**Calcarea Phos.**—Dropsy arising from anemia, poor assimilation of food, loss of blood, etc. Alternate with *Ferrum Phos.*

**Calcarea Flour.**—Dropsy arising from heart disease, or from dilation of any of the cavities. Also to tone up the contractile power of the tissues.

#### SUGGESTIONS.

Other symptoms may arise and other remedies be needed. When this is necessary, they should be selected according to the recorded action of each cell-salt. Palpitation of heart, *Kali Phos.*; sharp pains in heart and muscles, *Magnesia Phos.*; severe indigestion, *Calcarea Phos.* or *Natrum Phos.*, etc. In connection with this, it is well to note that there will be two sets of symptoms to prescribe for, viz.: those depending on the primary disease and those depending on the accumulated fluid. It may be necessary to resort to "tapping" the patient in severe cases, but if the remedies are carefully chosen it will be a rare occurrence. The diet should be nourishing, but of easy digestion. In acute cases, associated with inflammatory symptoms, the general diet for fevers should be observed.

#### DYSENTERY.

**Magnesia Phos.**—Cramps in the bowels and abdomen. Pains better from bending double, or by the application of heat; constant urging to go to stool.

**Kali Mur.**—Steady pains in the stomach and abdomen. Stools are slimy, pale-yellow and offensive.

**Kali Phos.**—Putrid, offensive stools; dry tongue; evacuations consist of pure blood; patient delirious, with much bloating of the abdomen.

### **Magnesia Phos. Cured an Obstinate Case of Dysentery :**

In treating a case of dysentery lately, I was at my wits' end to control the terrible pain in defecation. Pain was increasing, being so severe as to cause fainting. Something had to be done if I held my case. The pain in rectum and abdomen was very severe; more in rectum than abdomen. The tenesmus was like prolonged spasm of the muscles employed in defecation. I exhibited Schuessler's *Magnesia Phos.* in hot water. A hypodermic of morphia could hardly have acted quicker. The pain was almost entirely relieved by the first dose. The whole condition changed for the better, and I discharged my case the next day. In all my experience I never had a more prompt or pleasing result.

## **DYSPEPSIA.**

(SEE STOMACH DERANGEMENTS.)

### **SUGGESTIONS.**

Thoroughly masticate all foods, mixing well with saliva. Eat regularly and slowly. Don't overload the stomach. The dyspeptic should eat tender and perfectly fresh meats, and cooked so as to retain all the juices. Avoid ham, tongue, sausage, dried salmon, and all hard dried meats and fish; also salmon, lobsters, crabs, new-baked bread and coffee. Malt liquors, wines and spirits must be avoided. Pure water is almost the only and the best fluid required, but should be taken in moderation. Dyspeptics should retire early, rise early, bathe or sponge the body every morning with cold water, and take moderate out-door exercise. Should eat only that which agrees, studiously avoiding all indigestible and improperly cooked foods.

### **Natrum Phos. in Chronic Dyspepsia :**

A young man with chronic dyspepsia. After trying several remedies without effect; I discovered in the mouth a thin, yellow, creamy coating on the soft palate. This induced me to give the patient *Natrum Phos.*, 3x, which cured him in a short space of time. (C. Hg.).

## **DYSMENORRHŒA.** — *Chapman p. 117.*

(PAINFUL MENSTRUATION.)

Dysmenorrhœa, or painful menstruation, may be due to several causes, *First*, a mechanical obstruction of the uterus; *second*, a contraction of the muscular fibers of the womb, causing a hardened condition; and, *third*, an excessive congestion of blood to the womb. There are several other causes, but these are sufficient for this work. By far the greatest number of cases are due to the last two named causes.

Owing to taking frequent colds, lack of proper exercise, improper diet, etc., there results a determination of blood to the uterus; the veins, becoming engorged, press upon the sensory nerves, which, in turn, cause the muscular fibers to contract and close the mouth of the womb. In order for the menstrual discharge to pass, it is necessary for Nature to force the way—which becomes a very painful proceeding.



These consist principally of sharp cramp or labor-like pains over the region of the womb and in the lower part of the abdomen. These pains usually come several hours before the discharge appears, but at times they are present during the flow. The menstrual discharge varies from a bright red to a deep black. At times a membrane is thrown off, which is an indication of the amount of inflammation.

The pains are usually described as colicky, bearing-down, dragging, griping, etc. At times severe nausea and headache are present, but they are secondary symptoms. The disease reappears at each succeeding month, and frequently increases in severity till the pains become almost unbearable.

**Magnesia Phos.**—For the spasms of pain. Cramps, labor-like, bearing-down pains. To relax the muscular fibers of the womb. Give 3x in hot water. Warm applications are soothing.

**Ferrum Phos.**—Painful menstruation, with bright red flow, flushed face and quickened pulse. Vomiting of undigested food. Membranous dysmenorrhœa. *Taken before the periods, it will prevent the congestion of blood.* Alternate with *Magnesia Phos.* during the attack.

**Kali Phos.**—Menstrual colic in pale, tearful, irritable, sensitive women, from lack of proper nerve-power; flow deep, dark red. Alternate with *Ferrum Phos.*

**Calcarea Fluor.**—Painful menstruation, when due to hardening of the uterus.

**Calcarea Phos.**—Intercurrently in anemic patients.

**Kali Mur.**—When caused by taking cold; blood dark, blackish-red.

### SUGGESTIONS.

*Magnesia Phos.* for the pains; should be given in *hot water* (15 grs. 3x to a glass half full of water) and sipped at very frequent intervals. Dissolve about 20 grs. in a bowl of *hot water*—wring out cloths (as hot as can be borne) and apply over the region of the womb. Renew the cloths as often as they become cooled. Copious drinks of hot water are also very beneficial to relax the system.

To prevent the return of the attack, take of the indicated remedy steadily during the interval between the periods. The patient should have plenty of out-door exercise. Endeavour to build up the nervous system; keep regular and early hours; also see that the feet are warm and dry. Avoid “catching cold.” The diet should be sufficient and nourishing, at the same time easily digested.



## EARACHE.

**Ferrum Phos.**—Earache with sharp stitching pains; hot applications will relieve.

**Kali Mur.**—Earache, with swelling of the glands or membranes of the throat and ear.

**Magnesia Phos.**—Earache of nervous, irritable, sensitive people, accompanied by neuralgia of the face.

**Calcarea Phos.**—Earache, with rheumatic complaints, associated with swollen gland in scrofulous children.

## ENURESIS.

(WETTING THE BED.)

**Ferrum Phos.**—Wetting the bed, especially in children. Nightly enuresis, from weakness of the bladder muscles, often present in women, when every cough causes the urine to spurt.

**Calcarea Phos.**—Enuresis in very young children and in old people.

### **Ferrum Phos. in Incontinence of Urine:**

Lady, æt. 35, had had trouble for three years, and could assign no cause thereto, was able to retain the urine at night, but not in the day time, when she passed large quantities of water involuntarily. General health good. *Ferrum Phos.*, 3x, four times a day. A week later she reported that she could now retain her urine much better during the day. The medicine was continued for three weeks longer, when she informed me that the power over the bladder was now complete, and that she was better than she had been for two years. Nine months afterwards the patient came to me again with a return of the same malady, and although she was then *enciente*, *Ferrum Phos.* again completely stopped the incontinence. (Wilde.)

## EPILEPSY.

It is characterized by sudden loss of consciousness and power of co-ordination of motion, with convulsions. It is sometimes caused by vicious habits, which drain the vital system of its fluids, leaving a deficiency of the molecules of certain phosphates in nerve tissue and muscle fibre.

Worms, and especially tape-worm, are one of the principal causes. The physician should spare no pains to ascertain the cause, and he will then be in a position to prescribe intelligently the lacking salts.

**Kali Mur.**—The chief remedy in epilepsy; tongue coated white or grayish-white. Epilepsy after suppression of eczema, with characteristic tongue symptoms.

**Calc. Phos.**—Epilepsy resulting from vicious habits, etc.; in anemic subjects. Intercurrently in all cases.

**Ferr. Phos.**—In epileptic fits, with rush of blood to the head, in alternation with Kali Mur., the chief remedy.

**Kali Phos.**—For the spasms and contortions of epilepsy; stiffness of limbs, drawing back of head, clenched fists and teeth, etc. Epilepsy from vicious habits, which must be restrained. Give Magnes. Phos. in hot water, frequent doses, till the spasms are relieved.

**Magnes. Phos.**—Epileptic fits, usually the result of vicious habits, etc.

**Natr. Phos.**—If with intestinal irritation from worms, Natr. Phos. should be alternated with the chief remedy, Kali Mur.

**Silicea.**—Epilepsy, with the spasms coming on at night, or about time of new moon (intercurrently). Carey, page 208.

## EPISTAXIS.

(BLEEDING FROM THE NOSE.)

**Ferr. Phos.**—Epistaxis, especially in children, of bright, red blood.

**Kali Phos.**—Epistaxis in weak, delicate constitutions, from old age, debility, weakness, with a predisposition to bleeding of the nose. Blood dark, thin, like coffee-grounds, putrid.

## ERYSIPELAS.

**Ferrum Phos.**—Chief remedy in the inflammatory stage, for the heat, redness, fever and pain.

**Natrum Sulph.**—When the eruption is accompanied by vomiting of bile, with smooth, red, shiny, tingling or painful swelling of the skin.

**Kali Sulph.**—Erysipelas in the vesicular or blister form, to aid in desquamation.

## SUGGESTIONS.

When there is great heat and irritability of the skin much relief will be experienced by dusting it over with dry flour or finely powdered starch. If pus forms, poultices are then to be applied. To prevent the spread of the disease a line should be drawn around the outer margin with a camel's hair brush dipped in iodine. Severe cases require a sustaining diet, as of essence of beef, or even wine or brandy. Regular habits, nourishing foods and plenty of fresh air are essential to the patient's recovery from erysipelas.

## EYE, DISEASES OF.—*Chapman p. 130.*

**Ferrum Phos.**—First stage of eye inflammations, for the redness, pain, etc. Burning in the eyes; pain in the eyeballs through overstraining the eyes; cold water relieves. In granulated eyelids, for the pain and inflammation. Eyes blood-shot.

**Kali Mur.**—Second stage of inflammations, with white, or grayish-white matter. Sore eyes, with specks of white matter on the lids. Granulated eyelids, with feeling of sand in the eyes. Alternate with *Ferrum Phos.*

**Kali Sulph.**—Third stage of inflammations, with discharge of yellow or greenish matter; yellow crusts on the lids.

**Calcarea Sulph.**—Inflammations, with discharge of thick, yellow matter.

**Silicea.**—Inflammations, with thick, yellow, matterly discharges; compare *Calcarea Sulph.*; sties on the eye-lids (also as a lotion); little boils and tumours around the eyelids. Weakness of the eye-sight after suppressed foot-sweat.

**Natrum Phos.**—Inflammations with discharges of golden-yellow, creamy matter; eyelids are stuck together in the morning; creamy coating on root of tongue. Squinting when worms are present.

**Natrum Mur.**—Eye affections, when there is a discharge of watery mucus or flow of tears; discharges cause soreness of the skin or the eruption of small blisters. Granulated eyelids, intercurrently. Neuralgic pains, with flow of tears. Blisters on the cornea.

**Kali Phos.**—Weak eye-sight from weakness or exhaustion after disease. Blindness from partial decay of the optic nerve; dilated pupils. Drooping of the lids or squinting after diphtheria, from weakness of the muscles.

**Magnesia Phos.**—Drooping of the eyelids, alternate *Kali Phos.* Contracted pupils; sensitiveness to light; affected vision, sees sparks, flashes and colors before the eyes. Dullness of sight from weakness of the optic nerve. Neuralgic pains; relieved by warmth; spasmodic squinting and twitching of the eyelids.

**Calcarea Phos.**—After *Magnesia Phos.*, in spasmodic symptoms, if it fails to relieve. Eye affections in anemic or scrofulous subjects; intercurrently.

**Natrum Sulph.**—Yellow eyeballs due to derangement of the liver.

## FELONS.

**Ferrum Phos.**—In the inflammatory stage of felons, for the heat, pain, fever and congestion.

**Silicea.**—In felons, this remedy is indispensable, to control the formation of pus and to promote the growth of new nails.

## SUGGESTIONS.

As soon as the felon is noticed the finger should be repeatedly plunged into hot salt water. The hand should be held in a raised posture. If the pus has begun to form a warm bread and milk poultice should be applied. A lemon into which the finger has been inserted gives relief. If an incision be found necessary consult a physician. *Ferrum Phos.* and *Silicea* will cure nine-tenths of all felons.

### **Ferrum Phos. in Felons :**

A dressmaker, in her busiest season, got a felon on the index finger of her right hand. I gave her *Ferrum Phos.*, 3x, in water every two hours, which gave prompt relief and, as she supposed, cured her. She made too much use of her hand and the felon returned, with increased pain and swelling. I then discontinued the *Ferrum Phos.* 3x and gave her *Silicea* 3x, and in a short time the finger was perfectly well, with no recurrence.

(C. Anght, M. D.)

## FEVERS.

**Ferr. Phos.**—This is the chief remedy in all fevers; as first remedy for quickened pulse, rise of temperature, heat, etc. Inflammatory, catarrhal or rheumatic fevers, for the Febrile symptoms, Ferr. Phos. is the remedy, in alternation with other indicated remedies. Feverishness in all stages.

**Kali Mur.**—Second remedy in fevers, with thick, white coating on the tongue, or with constipation.

**Kali Phos.**—In purely nervous fevers, with high temperature, quick and irregular pulse, nervous excitement and weakness; alternate with Ferr. Phos.

**Kali Sulph.**—When the temperature rises in the evening. To promote perspiration, if not produced by Ferr. Phos. In fevers from blood-poisoning.

**Natr. Mur.**—Hay fever, with watery discharges from the eyes or nose. Alternate with Ferr. Phos. for the fever.

## FISTULA IN ANO.

**Calc. Phos.**—After surgical interference for the fistula. Fistula in ano alternating with chest symptoms, or in persons who have pains in joints with every spell of cold, stormy weather, especially in tall, slim persons; burning and pulsating in anus; bearing down towards anus; sore feeling in anus when getting up in the morning. (Lillienthal).

**Silicea.**—Fistula in anus, with chest symptoms, sharp stitches in rectum while walking; abdominal pains, relieved by warmth; suppuration of abscess; purulent sputa. (Lillienthal).

## GLANDS, DISEASES OF.—*Chapman p. 140.*

The glands in any part of the body are liable to become diseased, either as a primary affection or in connection with some other disease, such as scrofula, small-pox, scarlatina, etc. Wherever met with the treatment will be the same. Swelling of glands is usually a disturbance of the molecules of *potassium chloride*, which allows the fibrine to become a disturbing element, and Nature tries to throw it off. It accumulates in the glands and causes inflammation and swelling.

**Kali Mur.**—Is the principal remedy in glandular swellings, when the gland is not of stony hardness. Swelling of the glands of the neck and throat. Scrofulous enlargement of glands.

**Ferrum Phos.**—For the fever and pain in acute swelling of the glands.

**Calcareo Fluor**—Swelling of glands, when of stony hardness. Chronic, very hard inflammatory conditions of the glands. Hardened glands in the female breast.

**Natrum Mur.**—Swelling of the glands, with watery symptoms, excessive secretion of saliva, etc.

**Calcareo Phos.**—Chronic enlargement of the glands, principal remedy. Scrofulous enlargement of the glands. Intercurrently in all diseases of the glands.

**Silicea.**—Scrofulous glands, alternate with *Calcareo Phos.* Swollen glands which are inclined to suppurate, to quicken the formation of pus.

**Calcareo Sulph.**—When the glands are discharging pus, to control suppuration. (*See Abscess.*)

### SUGGESTIONS.

In all swellings, where practicable, the remedy should be used externally as well as internally; apply with vaseline, well rubbed in, or a solution on lint. When rubbing a gland, especially those of the breast, great care must be taken not to bruise the tissues.

## HEADACHE.

**Kali Phos.**—Nervous headaches, from overstrain of mental faculties. Tongue coated brownish-yellow, bad breath. Headache with weary, empty feeling at pit of stomach.

**Ferrum Phos.**—Headache with bruising, pressing, stitching pains, worse on motion and stooping. Congestive headache. Scalp sore and tender to the touch.

**Kali Mur.**—From sluggish action of the liver, white or grayish-white coating of the tongue.



**Natrum Mur.**—Dull, heavy headaches with drowsiness and vomiting of watery, transparent fluids.

**Magnesia Phos.**—Neuralgic headache with excruciating, stinging, shooting, darting pains; sparks before the eyes.

**Calcarea Phos.**—Headache with creeping coldness and numbness in the head.

**Natrum Sulph.**—Headaches accompanied or caused by bilious symptoms. Giddiness, vertigo and dullness. Violent pains at base of brain.

**Natrum Phos.**—Headache on crown of head on awakening in the morning with moist yellow, creamy coating on back part of tongue, and sour vomitings. Skull seems too full.

### SUGGESTIONS.

Every case of headache must be treated according to the symptoms indicating the remedy. Tea and coffee in the greater majority of cases must be avoided. The diet should be regulated; out-door exercise should be adopted, exciting causes avoided—all of which will have a tendency to reduce the severity or help to cure the case. During an attack, unless it be prolonged, entire abstinence from food is necessary; at least only milk and lime water, plain soups, etc., should be taken. Large draughts of hot water taken early often shorten and make the attacks less severe.

#### **Kali Phos. in Nervous Headache :**

Case of a young lady with excruciating nervous headache, with great sensitiveness to noise, during the second day of menstruation. *Kali Phos.*, 3x, produced, immediately after taking it, a great increase of the menstrual flow, with sudden relief of the headache.

(W. P. Wesselhoeft, M. D.)

#### **Natrum Sulph. in Periodic Sick Headaches :**

Young lady, æt. 16, suffered for years from periodical attacks of sick headache, characterized by boring pain in right temple, preceded by burning in stomach, bitter taste, languor. Pain comes on at night or in morning, followed by vomiting of bile, with subsequent relief. *Natrum Sulph.*, 3x., daily doses, cured permanently. (Dr. Chapman.)

### HEART—PALPITATION OF THE.

**Kali Phos.**—Palpitation of the heart after rheumatic fever, and in all wasting diseases; palpitation with anxiety, melancholia, general depression of the nervous system.

**Magnesia Phos.**—Palpitation, when purely of a spasmodic character. Sharp shooting, darting pains in the heart or region of the heart.

**Natrum Mur.**—Palpitation in anemic people; blood thin and watery accompanied by sadness and anxiety.

## HEMORRHAGE.—*Chapman p. 152.*

**Ferrum Phos.**—Is the principal remedy when the blood is bright red and coagulates quickly. Bleeding from any cause or from any part of the body, with the above symptoms. Bleeding from the lungs. Vomiting of bright red blood. Tendency to bleed, especially from the nose, in anemic subjects; also *Kali Phos.* and *Calcarea Phos.*

**Kali Phos.**—Bleeding in weak, delicate constitutions, from debility; dark, blackish-red, thin blood, not coagulating. In anemia, see *Ferrum Phos.* Bleeding of putrid, nasty-looking blood.

**Calcarea Fluor.**—Hemorrhage from the womb; flooding, to cause the muscles to contract. Alternate with *Kali Phos.* Bleeding from piles, when the tumours are relaxed.

**Kali Mur.**—Bleeding, when the blood is dark, black, clotted or tough.

**Natrum Mur.**—With thin, pale red and watery blood, not coagulating.

**Calcarea Phos.**—Intercurrently, especially in anemic conditions.

### SUGGESTIONS.

The remedy should be given internally and locally, where practicable. In bad cases apply dry powder thickly on bleeding vessels and bind it on. In hemorrhages of the lungs, if the flow is profuse, the patient may eat of common table salt until the bleeding ceases. He should sit upright, if his strength will allow, or propped up with pillows, if weakness is severe. Perfect quiet must be observed, and speaking or coughing should be avoided. Give *Ferrum Phos.* in a low potency.

## HOARSENESS.

**Ferrum Phos.**—Painful hoarseness of speakers and singers, from over-exertion of the voice, or from taking cold.

**Kali Mur.**—Loss of voice, hoarseness and huskiness. In obstinate cases.

**Kali Phos.**—If there be exhaustion and nervous depression; tired weary feeling in the throat.

## HYSTERIA.

**Kali Phos.**—Nervous attacks from sudden and intense emotions. Fits of laughter and crying, with a feeling as of a ball rising in the throat.

**Natrum Mur.**—Hysteria when associated with sadness, moody spells or irregular menstruation.

## INFLAMMATION OF THE BLADDER.—*Chapman p. 167.*

(CYSTITIS.)

Frequent and painful discharge of urine, at times complete suppression; burning pain in region of bladder, with fullness and pain on pressure; fever and sometimes vomiting; highly colored urine, sometimes mixed with blood, etc.

**Ferrum Phos.**—First remedy for inflammatory conditions, pain, heat and fever; highly colored urine; constant urging to urinate; suppression due to the inflammation, etc.

**Kali Mur.**—Second stage, with swelling; with discharge of thick, white mucus in the urine, indicating second stage of inflammation. Chronic cystitis.

**Kali Phos.**—Cystitis, for the nervous conditions, prostration; passing of pure blood from the urethra; alternate with the principal remedies.

**Calcarea Sulph.**—Inflammation of the bladder, with discharge of pus; third stage.

### SUGGESTIONS.

See "Urinary Disorders." *Ferrum Phos.* and *Kali Mur.* are generally all that is necessary. Hot, moist cloths applied over the bladder will assist in relieving pain and suppression. Should the suppression be complete, it may become necessary to use the catheter to draw off the urine; however, first try the hot cloths and injections of hot water into the bowels or vagina. Patient must avoid exercise. The diet should be similar to that for fever.

## INFLAMMATION OF THE KIDNEYS.—*Chapman p. 169.*

Falls or strains; excessive use of stimulants; stone in the kidney; external injuries; abuse of medicines intended to act on the kidneys; suppressed menstruation or piles; taking cold, etc.

Pressing, heavy pain in the back, in the region of the kidneys, either on one or both sides of the spine; the pain "shoots" toward the bladder. Passing of urine is difficult and painful; the urine is hot, high colored, or at times entirely suppressed. There is frequently nausea, vomiting, colic and straining to urinate. Lying on the back or motion increases the pains.

**Ferrum Phos.**—For the inflammatory symptoms—fever, heat, pain, congestion, etc., external and internal.

**Kali Mur.**—Second stage, or in alternation with *Ferrum Phos.*, from the first. For the swelling, white deposit in the urine, white-coated tongue, etc.

**Kali Phos.**—For the nervous symptoms as they arise.

**Natrum Phos.**—To assist the flow of urine, should there be total suppression.

**Calcareæ Phos.**—May be given intercurrently through the course of the disease, or after the acute symptoms have subsided—to restore wasted tissue.

#### SUGGESTIONS.

If taken in time, and given frequently, *Ferrum Phos.* and *Kali Mur.* usually suffices. More or less inflammation of the bladder is generally present. The diet is similar to that for fevers and other inflammations.

#### INFLAMMATION OF THE TONSILS.—*Chapman p. 180.*

##### (TONSILLITIS.)

Inflammation of the tonsils may arise from any general cause of inflammation, and the reader is referred to the article on "Inflammations in General."

At first the patient complains of sore throat, and on examination the tonsils (one or both) will be found red and swollen. There is some difficulty in swallowing, and this increases as the disease develops. The tongue is generally coated white and the patient complains of thirst. There is considerable fever and the pulse is full and frequent. The above symptoms become aggravated as the disease progresses. There is great pain, and delirium is a frequent occurrence. When suppuration takes place there is instant relief from the pain. Frequently one tonsil is no sooner relieved than the other begins to show the same train of symptoms. At times the disease takes on the putrid type and gives rise to symptoms similar to those of typhus fever. Such cases are very critical and should receive prompt attention.

**Ferrum Phos.**—In the first stage, for the fever symptoms, redness of tonsils, pain on swallowing, etc. The chief remedy to reduce the inflammation and prevent swelling.

**Kali Mur.**—The second remedy, as soon as there is any swelling of the throat; white or gray spots on the throat; white-coated tongue; to prevent suppuration.

**Calcareæ Sulph.**—When suppuration has taken place and matter is discharging; to shorten the suppurative process.

**Calcareæ Phos.**—Chronic swelling of the tonsils, causing pain on opening the mouth and on swallowing. Intercurrent in the acute form of tonsillitis. Chronic inflammation of the tonsils in children or anemic subjects.

**Kali Phos.**—Should there be weakness, prostration, anxiety or putrid symptoms present; alternate with other remedies.

### SUGGESTIONS.

If *Ferrum Phos.* and *Kali Mur.* are alternated at first, there will frequently be but very little swelling and the whole train of symptoms will be aborted. Frequent gargles of the indicated remedy (3x) in hot water is very beneficial. The diet must be regulated according to the degree of inflammation present.

### INSOMNIA.

**Ferrum Phos.**—Insomnia from hyperæmic conditions; restless at night, anxious dreams, drowsiness in the afternoon.

**Kali Phos.**—Insomnia in nervous, excitable subjects, after worry, excitement or business troubles. Irritable and despondent. Frequent urination.

### LA GRIPPE.

**Natrum Sulph.**—The chief remedy. For the after effects of this disease brought on by treatment with other medicines, *Natrum Sulph.* is curative.

**Ferrum Phos.**—In the initial stage of this condition; for the fever and congestion.

**Kali Mur.**—La grippe, with sore throat and white coated tongue.

**Natrum Mur.**—Sneezing and watery discharges from the eyes and nose.

**The Best of all Treatments for La Grippe:**

During the epidemic of la grippe last winter, I was in a position to verify the biochemic remedies in its treatment. I frankly believe that la grippe can now be treated as readily as can any simple case of catarrh. I have found *Ferrum Phos.* at the beginning, followed later by *Natrum Sulph.* will serve in the greater majority of cases. *Natrum Sulph.* is the remedy for the many distressing after effects, resulting from mismanagement of this disease. (Chas. S. Vaught, M. D.)

### LEUCORRHŒA.

**Calcarea Phos.**—Discharge of albuminous mucus; general weakness of sexual organs.

**Kali Mur.**—When the discharge is a milky-white, non-irritating mucus.

**Natrum Mur.**—Watery, irritating, smarting, and scalding discharges, with dull, heavy headache and itching of the external parts.

**Natrum Phos.**—Creamy, golden yellow, or acid and watery, acrid or sour smelling discharges.

**Silicea.**—Profuse discharges. Leucorrhœa instead of menses.



## SUGGESTIONS.

The essential feature to the cure of leucorrhœa or whites is absolute cleanliness. Every woman should have a syringe (a fountain bag is preferable to the rubber pump syringe), and should use an injection of moderately cold water in which has been dissolved a teaspoonful of alum to the pint of water. This treatment, with the indicated remedy, will cure the majority of cases of vaginal leucorrhœa. When the womb has become involved a physician should be consulted and local applications made.

### **Calcareæ Phos. in Leucorrhœa:**

Minnie S., æt. 17, was troubled with an acid, albuminous, tenacious leucorrhœa, which was usually worse after the menstrual periods. The menses were irregular, appearing every twenty-fourth day, sometimes a few days earlier or later; pains in small of back; bearing-down pains in uterus; dull, no ambition; face pale, sallow; general anemia. The symptoms were rather well marked, and *Calcareæ Phos.*, 3x, was prescribed every four hours; a douche of non-alcoholic calendula (Luyties) was to be taken every two or three days. The case began to show some improvement after first prescription, and in a short time the discharge had disappeared completely. *Ferrum Phos.* was also given later for the anemic condition. (C. R. Vogel, M. D.)

## LIVER, AFFECTIONS OF THE.

(SEE BILIOUSNESS.)

**Ferrum Phos.**—Inflammation of the liver, in the first stage, for the congestion.

**Kali Mur.**—Sluggish action of the liver, with white coated tongue and light colored stools; pain in region of the liver; constipation, with light colored stools. Jaundice, if caused by a chill.

**Natrum Sulph.**—Jaundice, with bilious green evacuations, sallow skin, yellow eyeballs; congestion of the liver with soreness and sharp, sticking pains.

**Natrum Mur.**—Jaundice, arising from gastric catarrh; drowsiness and watery secretions.

**Calcareæ Sulph.**—Abscess of the liver, with pain, weakness or nausea; to control formation of pus.

### **Jaundice Cured by Kali Mur:**

Last summer my daughter returned from a visit to New Jersey with an immense wart on her hand. In a few days she was taken quite ill, with fever, which I took to be of a bilious nature, and gave her *Natrum Sulph.*, 3x. She became deeply jaundiced and grew worse, I then changed to *Kali Mur.*, 3x, when she began to improve immediately and was well in a few days. After she had taken a few doses of the *Kali Mur.* the jaundice began to abate and the wart fell off. (E. H. Holbrook, M. D.)

## LUMBAGO.

**Calcarea Phos.**—Ache in the small of the back in the morning on awakening.

**Natrum Phos.**—Lumbago relieved by lying on something hard. Pain as if bruised from prolonged stooping; back weak, worse in the morning.

## MEASLES.

**Ferrum Phos.**—In the first stage for the inflammatory conditions, fever, redness of eyes, etc.

**Kali Mur.**—In the second stage, hoarse cough, swelling of the glands, with white or grayish-white coating of the tongue.

**Kali Sulph.**—Should the eruption become suddenly suppressed leaving the skin hard and dry.

## SUGGESTIONS.

Cold water, gum water, barley water, etc. No stimulants. As the fever becomes less, milk diet, gradually returning to ordinary foods. Keep patient in bed and darken the room sufficiently to protect the eyes, yet having the room well ventilated. A temperature of 60° Fahr. should usually be maintained. After the disease the patient should be warmly clad and taken into the air frequently when the weather is suitable.

## MENSTRUATION.

**Ferrum Phos.**—Painful menstruation, with flushed face, quick pulse and discharge of bright red blood; vomiting of undigested food at the menstrual period.

**Kali Phos.**—Irregular menses of weak, nervous, irritable, sensitive, tearful women. Great pain at the menstrual flow; delayed menstruation with depression of spirits and general nervous debility.

**Kali Mur.**—Menses are too late, or are suppressed from taking cold; discharge is very dark, clotted, black like tar.

**Natrum Mur.**—Thin, watery, pale discharge. In the menstruations of young girls, who are weak, drowsy, gloomy and have dull, heavy headaches in the morning.

**Magnesia Phos.**—Menstrual colic, with pains before the flow begins.

**Calcarea Fluor.**—Excessive menstruation with bearing-down pains.

**Kali Sulph.**—Menses too late and too scanty, with a feeling of fullness and weight in abdomen; yellow coating on the tongue.

**Natrum Phos.**—Menses sour smelling; discharge causes soreness wherever it touches; tongue creamy coated; stomach acid.

— 65 —

**Silicea.**—Strong smelling menses, associated with constipation, and icy-cold sensations.

**Magnesia Phos. in Dysmenorrhœa:**

Miss S., æt. 22; brunette; short, plump, round body; large, active brain; intellectual; was since puberty troubled every month with dysmenorrhœa, beginning several hours previous, and during the first day of flow, with severe pains in the uterus, back and lower limbs, and these so severe that they seemed unbearable and hysteria seemed threatening. I immediately gave her a dose of *Magnesia Phos.*, 3x. In less than half an hour the pain lessened; I repeated the dose; in a few moments the patient was easy, the flow began and went on the usual time. Next month I advised the patient to begin the day before period, and take three doses, and on the day period was to come on take a dose every two hours. No pains this month. This process was repeated the third month; no more trouble; patient is now well, and no return of pain for over three years. (Dr. H. Shuman.)

**Ferrum Phos. for Menorrhagia:**

E. S. Bailey, M. D., reports a case of menorrhagia cured by *Ferrum Phos.*, 3x. The case presented a history of profuse menstruation; the flow was depleting; no pain or local tenderness—in fact, no tangible symptoms, the condition of anemia representing the cause in this case.

**Silicea in Metrorrhagia:**

Metrorrhagia of six weeks' standing, in the case of a fat and robust woman of brown complexion. This person, who was a washer-woman at Grenille, and whom I saw only three or four times at my office, attributed her sickness to her constantly standing in cold water. *Silicea*, 3x, arrested the hemorrhage almost immediately and affected such an improvement in one week that I scarcely knew her again the second week. She did not take any other medicine. (A. Teste.)

## MORNING SICKNESS.

**Natrum Mur.**—Morning sickness, with vomiting of frothy, watery phlegm; profuse constant water-brash, like limpid mucus. Great hunger, as if stomach were empty, but no appetite.

**Natrum Phos.**—Morning sickness, with vomiting of sour masses.

## MUMPS.

**Ferrum Phos.**—In the beginning for the heat, pain, redness, fever, etc.

**Kali Mur.**—The principal remedy for the swelling; alternate with *Ferrum Phos.* It will cure the majority of cases quickly.

**Natrum Mur.**—Excessive flow of saliva, or when complicated with swelling of the testicles.

## SUGGESTIONS.

The patient should be kept in a warm room. The swollen glands should be bathed in hot water several times a day, and kept covered with a silk handkerchief or flannel bandage. Semi-fluid, easily swallowed food should be taken. All excitement should be avoided, as complete rest favors rapid recovery.

### **Ferrum Phos. and Kali Mur. in Mumps:**

I have treated, during the past year, at least a dozen cases of mumps, and I have never had such satisfactory results with other remedies. One case had violent fever, even to delirium, great deal of swelling, pain, etc. The fever was entirely reduced within five or six hours, and the swelling and all the other symptoms were entirely relieved within three or four days by the alternate use of *Ferrum Phos.*, 3x, and *Kali Mur.*, 3x. Two cases in one family, with similar conditions, were in a like manner treated with the same results. (S. Powell Burdick, M. D.)

## **NEURALGIA.**

**Ferrum Phos.**—Neuralgia from chill or cold with severe throbbing pain or as if a nail were being driven into the head; flushed face, burning heat, fever, etc.

**Magnesia Phos.**—Pains are sharp, darting and intense—better in warm room, worse in open air.

**Kali Phos.**—Neuralgic pains with depression and failure of strength, sensitive to light and noise.

**Calcarea Phos.**—Neuralgia occurring periodically—coming on at night; pains with a sensation of crawling, coldness and numbness.

**Natrum Mur.**—Darting, shooting pains with flow of tears.

**Kali Mur.**—Severe neuralgic pains when accompanied by white or grayish-coated tongue.

### **SUGGESTIONS.**

When the pains are very severe chloroform liniment is a good local application. In persons subject to neuralgia, cod-liver oil, butter, cream, or even olive oil, should be used in quantities as large as the digestive organs can bear. Protection from cold is also an important element. Warm clothing, including flannels, should be worn. Bathing, regular and moderate out-door exercise should be indulged in; rest is also an important item.

### **Magnesia Phos. in Facial Neuralgia:**

Miss S., æt. 24; dark complexion; nervous temperament; clerk. She had been under treatment for facial neuralgia for two weeks previous, the principal remedy being *Morphia*, without relief. On being called to the case, I found the patient much prostrated, the right side of the face and supraorbital region somewhat swollen, pains very severe, of a crampy shooting, darting nature. There was also much tenderness over the affected side. The pains were of an intermittent character, and seemed to affect different parts of the head and face on different days. *Magnesia Phos.* 3x., cured the case in twelve hours.

(H. B. Jones, M. D.)

### **Magnesia Phos. in Neuralgia of Head:**

A severe case of neuralgia in the head. The lady had come sixty miles to attend a musical entertainment and was compelled to go to bed on account of the pain. After suffering for several hours I was called, and relieved her completely in an hour with *Magnesia Phos.*, 3x, a dose every ten minutes. (Dr. Abbingdon.)



## NIPPLES, SORE, CRACKED.—*Chapman p. 226.*

The nipples frequently become sore and cracked, either through neglect in their care or from a constitutional tendency to tenderness. When this occurs a rubber nipple should be obtained and used until the parts have time to heal. Should they crack and bleed, a strong solution of *Ferrum Phos.*, 2x, should be used; also, *Calcarea Phos.*, internally.

The nipple should be thoroughly cleansed and dried after each time the child nurses. *Ferrum Phos.*, 2x, mixed with vaseline, makes a healing and hardening application. Exposure of the breasts to the air will also do much to harden the nipples.

## PARALYSIS.—*Chapman p. 226.*

The symptoms of paralysis are numbness, coldness, paleness and slight jerking or twitching in the parts affected; although in sudden shocks these symptoms may be partially or wholly absent.

**Kali Phos.**—Is the chief remedy in all forms of paralysis, whether of the creeping or sudden variety—also for paralysis of the vocal cords, causing loss of voice.

**Magnesia Phos.**—In alternation with *Kali Phos.*, if spasmodic symptoms are present. Palsy, involuntary shaking of the head or of the hands; muscular paralysis.

**Calcarea Phos.**—Intercurrently, for the coldness, creeping, numbness, etc.

**Ferrum Phos.**—If due to inflammatory causes, in alternation with the other remedies.

## SUGGESTIONS.

In sudden “strokes” of paralysis, the advice of a physician should be obtained at once, as it is a most serious disease, greatly endangering life itself. In all forms of paralysis the above remedies will be found to exceed anything else ever used for this disease. In local or creeping paralysis, the remedies must be continued for some time, and they will give entire satisfaction. The electric battery is frequently beneficial, if used in moderation. In most cases the stomach will be greatly disturbed and must be given careful attention, and for this purpose the reader is referred to the article on “Indigestion.”

The diet should consist of the most unstimulating food, which should be increased in quantity and strength as the disease subsides.

## PILES.

**Calcarea Fluor.**—Bleeding piles with pressure of blood to the head. Pains low down in the back; chronically constipated.

**Ferrum Phos.**—Piles, with discharge of bright red blood.

**Natrum Sulph.**—Piles, with much heat in the lower bowel, and associated with bilious conditions.

**Magnesia Phos.**—For the pains in external piles, of an acute, cutting, darting nature.

**Kali Mur.**—When the blood discharged is dark and thick.

### SUGGESTIONS.

People suffering with piles should avoid coffee, pepper, spices, highly seasoned and indigestible food of every kind and the habitual use of beer, wine, and spirits. Well cooked vegetables and ripe, wholesome fruits form the most suitable diet. Avoid too long standing and fatigue. Much relief will be obtained by injecting about a pint of tepid water occasionally into the bowels. Painful, sensitive piles are relieved by sitting over a vessel of steaming water. Tissue toilet paper should invariably be used. Under biochemic treatment surgical measures are rarely required.

#### **Calcarea Fluor. in Hemorrhoids:**

Wm. S., *et.* 28, has been troubled with hemorrhoids for some years. Bleeding piles, accompanied by chronic constipation, with much straining at stool; great pressure of blood to the head, and flushes of heat; tongue mapped or covered with a grayish-white coating. I prescribed *Calcarea Fluor.*, 3x, and *Kali Mur.*, 3x, in alternation, every four hours, corrected the diet, and in a few weeks he was completely cured, with no return of the trouble. I might also add that I had an ointment of one-half ounce of *Calcarea Fluor.*, 2x, to two of vaseline made and had it applied locally up into the rectum every night, which greatly assisted the internal medicine. (C. R. Vogel, M. D.)

## PIMPLES.

**Calcarea Sulph.**—Pimples discharging thick yellow matter.

**Kali Mur.**—Pimples on the faces of young girls at the age of puberty due to some deranged uterine function.

**Kali Sulph.**—Discharge of yellow, greenish, slimy or watery secretions.

#### **Kali Sulph. in Recurring Eruptions of Pimples:**

Case of skin disease lasting for five years, consisting of a recurring eruption of fine red pimples, and when very severe, the pimples run together, the surface presenting a red, swollen appearance. A strong alkaline fluid oozes out copiously; after this exudation the inflammation subsides, and the cuticle comes off in fine scales. Eruption itches and stings intensely, and although formerly relieved by cold water, the irritation has become relieved lately by heat. The attacks are worse in the fall and spring, and the eruption is mostly on the face, arms and chest. Constipation is present. After using *Kali Sulph.*, 3x, a few days, commenced having boils and had a great many, after which the skin was better than it had been for years; bowels also better. (C. Hughes, M. D.)

## PLAGUE, BUBONIC.

**Treatment of Bubonic Plague with the Tissue Remedies.**

The tissue remedies were used by me in some cases of bubonic plague here in Mangalore. I found the treatment very successful and convenient.

In the commencement Ferr. Phos. 6x and Kali Mur. 6x should be given for the fever and inflammation of the glands. Natrum Sulph. 6x or 3x should be alternated with the above two remedies for digestive disorders, such as, vomiting, loss of appetite, constipation, etc. These three remedies should be continued till the bubo is mature and is either incised or opens by itself.

Delirium is a frequent complication of plague. It should be treated with Kali Phos. 3x or 6x alternated with the above. This remedy is also useful in combating the symptoms of prostration.

When the bubo is mature Ferr. Phos. 6x should be alternated with Silicea 6x and a few doses of Calc. Phos. 6x should be given intercurrently to help the reconstruction of the wasted tissues.

### Administration of the remedies.

Half a dram of the powder should be dissolved in 4 ounces of water and a dessert spoonful should be given for a dose. The medicines should be given every hour usually, but when the symptoms are very severe, every  $\frac{1}{2}$  or even every  $\frac{1}{4}$  hour.

Mangalore, }  
25th February, 1904. }

L. P. Fernandes,  
B. A., L. M. & S

## PLEURISY.

**Ferrum Phos.**—For the fever, pain, stitches in side, short cough, etc.; short, oppressed breathing. Hot applications to the surface, with this remedy, repeated every hour, will cure all cases.

### SUGGESTIONS.

Perfect quiet, with a diet of gruel and frequent sips of cold water to allay thirst, will be found beneficial. Applications of heat by poultices, or flannels wrung out in hot water over the painful part gives immediate relief.

## PRURITUS.

**Calcarea Fluor.**—Pruritus ani—from piles; to be used externally as a lotion, and in enema.

## RHEUMATISM.

**Ferrum Phos.**—In the first stages of the disease; acute rheumatism of any part; soreness and stiffness all over the body, lumbago, stiff neck from cold; all pains worse from motion.

**Kali Mur.**—Chronic rheumatism with swelling; white-furred tongue; motion aggravates pain.

**Natrum Phos.**—Rheumatism of the joints, both acute and chronic; profuse sour-smelling perspiration, and creamy, yellow coating on tongue.

**Magnesia Phos.**—Acute, sharp, spasmodic pains; in rheumatism of the joints; pains excruciating and violent.

**Kali Sulph.**—Rheumatic pains of a wandering, shifting nature; pains shift from one joint to another; pains in the back, neck and limbs.

**Kali Phos.**—Rheumatism with stiffness of the parts; pains worse on beginning to move, relieved by motion; sciatica; dragging pains, torpor, stiffness, great restlessness, nervous exhaustion.

### SUGGESTIONS.

People afflicted with rheumatism should wear flannel or other warm clothing, feet protected from cold and damp. Wet cloths, covered with dry flannel over the affected joints are always useful. The joints should be rubbed, in chronic cases, with Pinus Ointment (Luyties) every night. The diet should be food easy of digestion. Beer and strong wines should be avoided.

#### **Kali Sulph. in Rheumatism From Getting Wet :**

Robert D., æt. 34. This patient lives on the bank of the lake, and goes frequently into the water, and often gets wet fishing and shooting. Has had pains about him for a year or two, at times. They are sometimes in one joint, and then in another, seem to shift about, and are becoming very troublesome, hindering him from work, and he desires a remedy, if possible. I gave him *Kali Sulph.*, 3x, several powders, one to be dissolved in water, a dose four times each day. This remedy, after a few weeks, completely cured his trouble, and he has not complained now for a year or more. (C. T. M.)

#### **Ferrum Phos. and Natrum Sulph. in Sciatica :**

A lady who had to be brought home from camp meeting, I found suffering from an intense pain down the sciatic nerve. There was some fever and extreme soreness to the touch or movement. She would cry out with pain from the slightest movement. Tongue was coated greenish-yellow. Gave *Ferrum Phos.* 3x and *Natrum Sulph.* 3x in water, alternately. The next day she could move without much pain, and was able to shift herself from one side of the bed to the other. The third day she was able to sit up and was soon convalescent. (E. H. Holbrook, M. D.)

### SHINGLES.

**Ferrum Phos.**—In the initial stage, for the inflammation, heat, pain, etc.

**Natrum Mur.**—Shingles occurring through the course of any disease with small vesicles or blisters containing clear, watery contents.



## SKIN DISEASES.

**Kali Mur.**—Eruptions, with thick white contents. Pimples on the face of girls at puberty.

**Kali Sulph.**—In eczema, with yellow, watery discharges. Peeling of the skin; dandruff with yellow or white scales.

**Natrum Mur.**—Eruptions, with clear, watery contents; chafings of children; bites and stings of insects, eruptions of small watery blisters; fever blisters.

**Natrum Phos.**—Skin affections marked by creamy, golden-yellow scabs or discharges; hives, with itching all over the body; sore patches on the skin, with above characteristic discharge.

**Calcarea Phos.**—Eczema associated with general weakness; troublesome itching of the skin in aged persons; pimples on the faces of young people.

**Calcarea Fluor.**—Chaps and cracks on the skin; fissures of the palms of the hands; skin horny, intensely sore.

### SUGGESTIONS.

All cases of skin diseases should be bathed in *pure soft water*. When this cannot be obtained, hard water may be softened by boiling, to the gallon of water add double handful of bran. The parts should be bathed in this, and then dried with a soft cloth, not rubbed. Avoid all irritating soaps, lotions, etc. The diet should be vegetable and include lettuce, celery, water cresses, etc. With the indicated remedy above, every case of skin disease, can be quickly and readily cured.

## SLEEPLESSNESS.

**Kali Phos.**—The principal remedy for disturbances of sleep, when due to mental overwork, excitement, business troubles, worry or general nervous causes. This remedy is far preferable to all sleeping potions, chloral, morphia, etc., which are absolutely injurious.

### **Kali Phos. in Sleeplessness:**

Frank H., grocer, became involved heavily in debt, due to speculation; his troubles weighed heavily on his mind and he could not sleep soundly at night; muttered and talked in his sleep; restless, could not lie still when sleeping or awake; nervous; stretches and yawns considerable, mostly after meals. Constantly worrying and fretting about his business; peevish and irritable; wants to be by himself. Had been taking chloral and morphia, by the advice of his physician, when he came to me. Recommended a change of scene, daily baths, good nourishing food, and *Kali Phos.*, 3x, five-grain powder every three hours. He went to the Alleghanies, and a letter from him informs me that he is much improved in every way. Continued treatment; one powder every night on retiring.

(C. R. Vogel, M. D.)



## SORE THROAT.

**Ferrum Phos.**—Fever, great pain, heat, etc.—to reduce the inflammation; sore throat of singers and speakers.

**Kali Mur.**—When glands of neck and the tonsils are swollen; ulcerated sore throat with grayish-white patches.

**Calcarea Phos.**—Constant scraping of the throat, with expectoration of white, clear, thick phlegm.

**Natrum Mur.**—Inflammation of throat when the tonsils are covered with a transparent, frothy mucus.

**Magnesia Phos.**—Spasm of the throat, with sensation of choking when attempting to swallow.

**Natrum Sulph.**—Sore throat with a feeling as of a lump in throat on swallowing.

### SUGGESTIONS.

Frequent draughts of cold water are beneficial, steaming the throat soothing, but should be done at bed-time, when the patient has not again to be exposed to external air. An inflamed throat should be given rest.

#### A Painful Case Given Quick Relief:

A member of the chorus of one of the largest theatrical companies on the road this season consulted me for a very painful sore throat. Had taken cold while en route to this city; throat was greatly congested, with much pain, with a feeling of a lump on swallowing something dry; but slight ulceration. Prescribed *Ferrum Phos.*, 3x, and *Natrum Sulph.*, 3x, in alternation, every two hours. Reported three days later completely cured. (H. V. Somers, M. D.)

## SPASMS.

**Magnesia Phos.**—Spasms of every kind and in any part of the body; twitchings, cramps, contractions, fits, etc.; writers' cramps, spasms of throat on attempting to swallow; twitchings of the corners of mouth or muscles of face.

### SUGGESTIONS.

All clothing about the chest, neck and body should be loosened, sprinkle the face with water, and admit plenty of fresh air. A warm bath at 90 Fahr. is advisable. The head should be cooled by the application of a thin damp cloth, frequently cooled by re-immersion in water. In tendency to convulsions as shown by disordered bowels, screaming, restlessness, foetid breath, etc., the addition of lime-water (a tablespoonful to the bottle of milk) will often act as a preventative. *Magnesia Phos.* with these suggestions will arrest all cases of spasms.

## SPERMATORRHŒA.

The principal remedies are the phosphates of Magn., Calc., Natrum and Kali.

**Natrum Phos.**—Seminal emissions, with acid conditions; semen thin watery, and stale odor; emissions, when followed by weakness and trembling.

**Kali Phos.**—For the nervous symptoms and especially when the flow is due to vicious habits, which must be restrained.

**Calcarea Phos.**—For the general weakness of the system.

**Magnesia Phos.**—Is most useful when the emissions have brought on epileptic fits.

## STOMACH DERANGEMENT.

**Ferrum Phos.**—Inflammation of stomach with much pain, swelling, and tenderness, accompanied with vomiting of undigested food; dyspepsia with hot flushed face.

**Kali Mur.**—Bilious conditions, with white or grayish-white coating on the tongue in the morning. Heavy feeling in the region of the liver; constipation; sick feeling after eating fat or rich food.

**Natrum Phos.**—Sour taste in mouth; belching of wind, tasting acid; severe pains in stomach after eating; heartburn; loss of appetite.

**Calcarea Phos.**—Pain after eating even the smallest quantity of food, or drinking cold water; excessive accumulation of gas in bowels.

**Kali Phos.**—Gone feeling in the stomach; hungry feeling after eating; stomachache from fright or excitement.

**Kali Sulph.**—Sensation of pressure and fulness at pit of stomach; colicky pains in stomach; chronic catarrh of stomach with slimy, yellow coating of tongue.

**Magnesia Phos.**—Pains in stomach with crampy, tight, drawing, griping, gnawing sensation; convulsive hiccoughs.

**Natrum Sulph.**—Bitter taste in mouth; vomiting of bile; dark bilious stools; headache; vertigo and lassitude; stitching pains in the liver.

## SUGGESTIONS.

For suggestions in Stomach Derangements, see Dyspepsia.

### Natrum Phos. for burning in Stomach After Meals:

Patient, with troublesome burning in the stomach after eating and continuing until next meal-time: pain develops one or two hours after meals; tongue light-gray; no bad taste, no tenderness; bowels regular; stools normal; no thirst; the burning was so troublesome as to keep him awake at night. *Natrum Phos.*, 3x, cured. (*Med. Era.*)

### **Kali Phos. in Unnatural Appetite :**

A young man complained of an unnatural appetite. He had to eat almost every hour, feeling such an intense craving for food, yet he felt exhausted and languid. There were no secondary symptoms present. The tongue was clean, the urine was not increased, evacuations normal. *Kali Phos.*, 3x, cured the patient in the course of two days.

(Dr. Chas. Masse.)

## **SUNSTROKE.**

**Natrum Mur.**—*Natrum Mur.* is the principal remedy in this disease, which arises from a sudden abstraction of moisture from the tissues, causing a dryness of the membranes. *Kali Phos.* will frequently be found necessary, to control the brain symptoms.

## **CLINICAL CASES.**

### **Natrum Mur. in Sunstroke :**

On a stifling morning last July, I was summoned to see a young man who had been "Sunstruck." Patient unconscious; general convulsions; face flushed; breathing deep and labored; pulse rapid, though feeble. Inhalations of Amyl nitrate resuscitated him, and I then gave him *Natrum Mur.*, 3x, every two hours for about one week. He recovered completely, with none of the usual unpleasant after-effects. (Frank E. Miller, M. D.)

## **STYES ON THE EYELIDS.**

**Ferrum Phos.**—This is the remedy in the beginning of styes, for the fever, heat, throbbing pain, and congestion. If given early will often abort suppuration.

**Silicea.**—When the suppuration appears, assisting the suppurative process, causing the sty rapidly to ripen, and often to break without surgical interference.

## **SUGGESTIONS.**

In the beginning of a sty, hot water should be applied. If the swelling be very great a bread and water poultice applied over it at night gives quick relief. If the sty does not break readily it should be opened with a needle and the matter gently pressed out.

### **Have Found Them Always Reliable :**

I have used the Tissue Remedies in all diseases of the eye and found them invaluable. In the beginning of styes *Ferrum Phos.* will quickly reduce the inflammation and prevent the formation of pus. If the sty has progressed too far, *Silicea*, will hasten the suppuration, and cause it to break and heal rapidly. I use these two remedies exclusively.

(A. P. Norton, M. D.)

## **TONSILITIS.**

(QUINSY).

**Ferrum Phos.**—In the first stage, for the fever, pain, inflammation, etc.

**Kali Mur.**—For the swelling, gray spots on the tonsils, white-furred coating on the tongue,

**Calcarea Phos.**—Chronic swelling of the tonsils, with difficulty of swallowing.

## TOOTHACHE.

**Ferrum Phos.**—Toothache from inflammation of the gums; gums red, sore and swollen.

**Kali Phos.**—Toothache of nervous, pale subjects, or those worn out with great mental strain; gums are inclined to bleed easily.

**Calcarea Phos.**—Toothache from decayed teeth; too rapid decay of teeth.

**Silicea.**—Toothache, when abscess is forming, pain deep-seated; pulling on the teeth gives relief; pains worse at night.

## SUGGESTIONS.

To prevent toothache the teeth should be kept scrupulously clean. The mouth should be rinsed with pure cold water, and teeth brushed with a moderately soft brush, at least every morning. The best wash that can be used is "Sanitol," the new German antiseptic, which thoroughly disinfects the mouth, and leaves a very pleasant after effect. The habit of taking very hot substances into the mouth should be avoided. Chewing tobacco, and the habitual use of strong drinks, have a tendency to destroy the teeth.

### **Kali Phos. and Silicea Stopped Pain and Suppuration:**

A broker, whose teeth I had treated some two years ago, came into my office recently with a severe toothache. He was one of those nervous, sensitive persons, always subject to much mental strain and worry. I examined the teeth carefully, but could find no superficial cause of the trouble. I found, however, that at the root of a molar on the lower right side an abscess was forming; the pain accompanying it was deep seated, and pressure of the jaws together gave some relief; the gums were inclined to bleed easily. I prescribed *Kali Phos.*, 3x, and *Silicea*, 6x, in alternation, four tablets every two hours the treatment to be continued three days and then to report. At that time he came in all wreathed in smiles and much pleased with the quick action of the remedies I had given him. A few doses, he stated, had relieved the pains, and the suppuration had been arrested by the *Silicea*. (G. Mills, D. D. S.)

## VEINS, DISEASES OF THE.

**Ferrum Phos.**—A powerful vein remedy. Small aneurism, in the early stage; alternate with *Calcarea Fluor.*, the chief remedy. For the pain in varicocele of the testicles.

**Calcarea Fluor.**—Chief remedy in dilatation of the veins; varicose veins of the extremities. Varicose ulcerations; also as a lotion on lint. A rubber bandage or elastic stocking should also be worn.



## VERTIGO.

**Ferrum Phos.**—Vertigo, or giddiness, from rush of blood to the head, with throbbing pain and flushed face.

**Kali Phos.**—Dizziness, when from nervous causes or weakness. Vertigo, with anaemic conditions. Vertigo worse from rising and looking upward.

**Natrum Sulph.**—Vertigo arising from bilious derangements, yellow-coated tongue and bitter taste. Excess of bile.

**Natrum Phos.**—Dizziness, with gastric derangements, acid conditions etc.

## VOMITING.

**Ferrum Phos.**—Vomiting of undigested food, sometimes with sour fluids.

**Kali Mur.**—Vomiting of thick, white phlegm or of dark, black, clotted blood.

**Calcareo Phos.**—Vomiting from non-assimilation of food; periodically at a certain hour of the night; infants who vomit often and easily from cold drinks.

## WHOOPIING-COUGH.

**Magnesia Phos.**—Whooping-cough for the paroxysms of coughing ending in a whoop; in both acute and chronic cases.

**Kali Mur.**—The remedy if there is white coated tongue or thick white expectoration.

**Kali Phos.**—In cases of very nervous, sensitive subjects, with symptoms of exhaustion.

## SUGGESTIONS.

Frictions with olive oil, over the chest and along the spine, for ten or fifteen minutes, morning and night, in a comfortably warm room, is very often of efficiency. Warm clothing is necessary, and during convalescence plenty of fresh air.

### A severe Case Quickly Cured :

A few months ago I was called to a severe case of whooping-cough. A little child, ten months old, had been given up by the family doctor. I heard this from the mother of the child, who was in great grief. She mentioned the fact that the spasms had occurred as often as eight times that day, and were so severe that its face became quite livid, blue and swollen. I prescribed *Kali Phos.*, 3x, and *Magnesia Phos.*, 3x, in alternation every hour, three tablets dissolved in a tablespoonful of hot water. After three or four doses of each had been given the child became more easy and the paroxysms less frequent and less



severe. The treatment was continued a couple of days, with a complete cure of the trouble. I have been called in since to treat other members of the family, and can attribute this solely to my success with the Tissue Remedies in the case narrated.

(C. M. Hoyt, M. D.)

## WORMS.

**Natrum Phos.**—The principal remedy for all kinds of worms; symptoms of acidity in children, with pain in the bowels, picking of the nose, itching of the anus, restless sleep and grinding of the teeth.

**Kali Mur.**—Small, white thread-worms, with itching of the anus, white tongue, etc.

### A child cured of Worms:

A patient, a boy 5 years old, had spasms, and had been treated by several physicians without benefit; was pale and sickly; dark rings under the eyes; irritable, with pains in the bowels, picking the nose, itching of the anus, sleep restless, with grinding of the teeth, etc. I prescribed *Natrum Phos.*, 3x, four tablets every four hours, and in a short time he passed numerous small round worms. He began quickly to recover completely from the weakness and emaciation, and developed into a strong, healthy child.

(M. K. Vaught, M. D.)

## WRITER'S CRAMP.

**Magnesia Phos.**—Chief remedy for the cramps of the fingers of writers, violinists or pianists.

**Natrum Phos.**—If of rheumatic origin, this remedy intercurrently (also *Calcarea Phos.*).

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